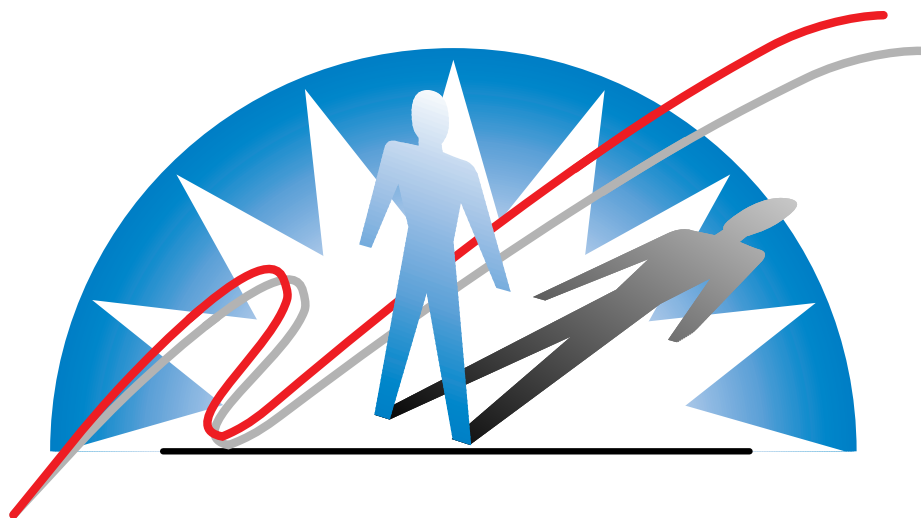


2003

Montana Youth Risk Behavior Survey

**American Indian Students
on Reservations**



Montana Office of Public Instruction

MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2003
FOR AMERICAN INDIAN STUDENTS ON MONTANA RESERVATIONS

**STATEWIDE ANALYSIS OF
SELECTED BEHAVIOR RISK FACTORS**

July 2003

**Prepared for
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- the co-sponsors of the YRBS -- the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers/Healthy Babies Montana Coalition, and Blue Cross and Blue Shield of Montana;
- the district superintendents, school principals and teachers who cooperated with and supported the survey;

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Introduction



I. INTRODUCTION

The Youth Risk Behavior Surveillance System is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood. A review of the leading causes of death among youth aged 15-24 in the United States reveals that nearly 72 percent of all deaths in this age group are due to four causes: motor-vehicle crashes (31 percent), other unintentional injuries (11 percent), homicides (18 percent), and suicides (12 percent). Considerable acute and chronic morbidity also result from these causes.

Nationally, substantial morbidity and social problems also result from the approximately one million pregnancies that occur each year among females aged 15-19 years and the estimated three million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 10-19 years. One out of every six cases (one of five in Montana) of acquired immunodeficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and drug abuse; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

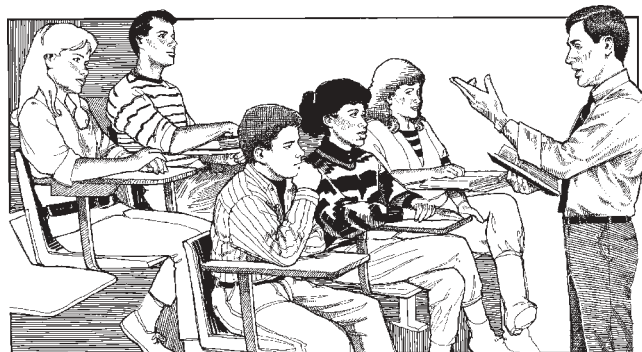
The purpose of the Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and
2. highlights of the results of the 2003 YRBS for American Indian students on Montana Reservations in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2003 YRBS.

Survey Methods



II. SURVEY METHODS

DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health risk behaviors. The 2003 survey instrument consisted of 90 questions which assessed the six priority health risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in intentional and unintentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; physical inactivity; and dietary excesses and imbalances.

SAMPLE SELECTION PROCESS

All schools on Montana Indian Reservations with students in grades 9 through 12 were eligible to be selected for inclusion in the sample. Twenty-two schools elected to participate in the volunteer sample and approximately 78 percent of the students in these schools volunteered to participate in the survey. A total of 1,047 American Indian students participated in the 2003 Montana YRBS. The results presented in this report are based on the behavior and opinion of the participants in the sample; because the survey was not random it is not possible to use the results of the survey to draw conclusions about health-risk behaviors of all American Indian students on Montana Reservations.

Superintendents of school districts were contacted during November 2002 to obtain approval to approach principals of randomly selected schools about the survey. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was attempted. Survey coordinators for each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during February 2003. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

The 2003 Youth Risk Behavior Survey for American Indian students on Montana Reservations was not a random survey. It would not be valid to generalize the findings from this survey to all American Indian students on Montana Reservations. It is only valid to attribute the results of this survey to the 1,047 students who reported their behaviors in response to the items in the questionnaire. In addition, respondents in self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors which are socially desirable (amount of exercise, etc.).

Survey Results



III. SURVEY RESULTS

INTENTIONAL AND UNINTENTIONAL INJURIES

Overview

Accidents are the leading cause of death among Montana youth aged 15 to 19 years old. The death rate for Montana teens aged 15 to 19, from accidents, homicide and suicide, was 81 per 100,000, compared to 51 per 100,000 nationally (Kids Count Survey, 2003). In 2001, 63 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to accidents (Montana Department of Health and Human Services, 2001 Vital Statistics). Seventy-seven percent of these accidental deaths were due to motor vehicle crashes. The second leading cause of death among Montana youth in 2001 was suicide, which accounted for 26 percent of all deaths. Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Eleven questions were asked of participants in the survey regarding intentional and unintentional injuries (see Appendix A). Questions related to intentional and unintentional injuries were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

Highlights of the survey related to intentional and unintentional injuries

- In 2003, 30 percent of all American Indian students on Montana Reservations reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. Approximately 9 percent of American Indian students on Montana Reservations wear seat belts all the time (Figure 1, Appendix B).
- Approximately 44 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, nearly one in five (21 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).
- In the past 12 months, 18 percent of the survey participants had seriously considered attempting suicide and 80 percent of those considering suicide had actually made a plan

to attempt suicide. Fifteen percent of the students taking the survey reported that they had actually attempted suicide (Appendix A and Figure 1, Appendix B).

- During the past 12 months, 42 percent of male American Indian students on Montana Reservations reported being in a physical fight. Approximately 22 percent had been in two or more fights within the past 12 months (Appendix A and Figure 5, Appendix B).
- In 2003, 10 percent of male American Indian students on Montana Reservations reported "Always" wearing seat belts, whereas 13 percent of the female American Indian students on Montana Reservations "Always" wore seat belts. The 2003 figures are similar to rates in 2001 and 1999 (Figure 2, Appendix B).
- Forty-four percent of the American Indian students on Montana Reservations reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).
- Of those American Indian students on Montana Reservations riding in a car driven by someone who had been drinking (44 percent), approximately one in five (21 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).
- Twenty-one percent of American Indian students on Montana Reservations reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).
- Of those American Indian students on Montana Reservations reporting that they had been driving and drinking (21 percent), approximately one in seven (15 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).
- American Indian males on Montana Reservations were more likely to have been involved in a physical fight than their female counterparts (Figure 5, Appendix B).
- In the past year, 7 percent of American Indian students on Montana Reservations reported having been injured in a physical fight (Figure 5, Appendix B).
- In 2003, physical fighting and injuries from fighting among Montana American Indian students on Montana Reservations remained at about the same levels as in 2001.
- Seventeen percent of American Indian students on Montana Reservations reported seriously considering attempting suicide (Figure 6, Appendix B).
- Female American Indian students on Montana Reservations were more likely to consider and attempt suicide than males (Figure 6, Appendix B).

TOBACCO USE

Overview

In 2001, an estimated 21.9 percent of adult Montanans reported being current smokers (Montana Department of Public Health and Human Services, Behavioral Risk Factor Surveillance System (BRFSS), 2001). Approximately one out of every five deaths in Montana can be attributed to tobacco use, as each year over 1,400 Montanans die prematurely from tobacco-related illnesses. The estimated annual cost of direct medical expenses related to smoking in Montana in 1998 was \$216 million (CDC, State Tobacco Control Highlights, 2002). Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood (U.S. Department of Health and Human Services, 1994).

Eleven questions were asked of Montana American Indian students on Montana Reservations regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

Highlights of the survey related to tobacco use

- Eighty-five percent of American Indian students on Montana Reservations have tried smoking. Fifty-two percent smoked cigarettes on one or more days in the month prior to taking the survey (Figure 7, Appendix B).
- Thirty-one percent of American Indian students on Montana Reservations reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).
- In 2003, 21 percent of American Indian students on Montana Reservations reported using chewing tobacco, significantly less than in 2001 (Figure 7, Appendix B).
- Fifty-two percent of American Indian students on Montana Reservations reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 2001 was also 52 percent of survey respondents (Figure 8, Appendix B).
- During the past 12 months, 49 percent of American Indian students on Montana Reservations who smoked, indicated that they had tried to quit smoking cigarettes.
- Twenty-nine percent of the American Indian students on Montana Reservations reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 12 percent of the females. In 2003 the number of male students using chewing tobacco declined by 5 percentage points from the 2001 rate (Figure 8, Appendix B).

ALCOHOL AND DRUG ABUSE

Overview

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement. During the early 1980s, fatalities related to alcohol accounted for as much as 62 percent of all fatalities. In 2002, alcohol related fatalities were at 35.7 percent (Montana Department of Transportation, 2003). In 2002, 20 percent of adult Montanans were classified as being at risk from binge drinking (i.e., consuming five or more drinks on one occasion in the past 30 days) (Montana Department of Health and Human Services, 2002 BRFSS survey results). A large proportion of this group indicated that they began drinking in high school.

Nineteen questions were asked of Montana American Indian students on Montana Reservations regarding their use of alcohol and drugs (Appendix A). The questions related to frequency of use, age of first use, and types and forms of drugs used.

Highlights of the survey related to alcohol and drug abuse

- Seventy-eight percent of American Indian students on Montana Reservations had at least one drink of alcohol during the 30 days prior to the survey. Of those students who had a drink of alcohol, 20 percent were less than nine years old when they had their first drink (Appendix A and Figure 9, Appendix B).
- Forty-five percent of American Indian students on Montana Reservations had used marijuana one or more times during the 30 days prior to the survey. In 2003, American Indian students on Montana Reservations reported the median age of first use of marijuana was 11 to 12 years old, which was similar to the age reported in the 2001 YRBS (Appendix A and Figure 9, Appendix B).
- Over one in seven (15 percent) of American Indian students on Montana Reservations reported using cocaine at least once during their lifetime (Figure 10, Appendix B).
- Forty-three percent of the American Indian students on Montana Reservations reported that they had five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).
- Seventy-four percent of American Indian students on Montana Reservations reported smoking marijuana at least once in their lifetimes. Female students were slightly more likely to have used marijuana than male students (Figure 10, Appendix B).
- Sixteen percent of American Indian students on Montana Reservations indicated that they have used methamphetamines (also called speed, crystal, crank, or ice).

YOUTH SEXUAL BEHAVIORS

Overview

Nationally, half of all high school students have had sexual intercourse, reflecting a *decline* during the last decade from 54 percent in 1991 to 45.6 percent in 2001. Males are slightly more likely than females to report having had sex (The Centers for Disease Control and Prevention, Youth Risk Behavior Trends). In addition, the teen birthrate has declined steadily since 1991. Nationally, the 2000 rate of 48.7 births per 1,000 females aged 15-19 is a record low and is 22 percent lower than the 1991 rate of 62.1. Montana teen birth rates have decreased from 47 births per 1,000 females aged 15-19 in 1991 to 36 births per 1,000 females in 2000 (Montana DPHHS Vital Statistics, 2000).

Eight questions were asked of Montana American Indian students on Montana Reservations regarding their sexual activity (Appendix A). Questions related to frequency, numbers of partners, abstinence, alcohol use, and birth control.

Highlights of the survey related to youth sexual behaviors

- Thirty-four percent of American Indian students on Montana Reservations reported not having had sexual intercourse. This represents a 5 percent decline in abstinence over the 2001 figure. (Figure 11, Appendix B).
- Eighty-five percent of American Indian students on Montana Reservations have had HIV/AIDS education (Figure 11, Appendix B).
- Twenty-eight percent of American Indian students on Montana Reservations have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).
- Sixty-six percent of the sexually active American Indian students on Montana Reservations reported wearing a condom during their last sexual intercourse. Sixteen percent did not use any method to prevent pregnancy.
- Two-thirds (66 percent) of American Indian students on Montana Reservations reported having had sexual intercourse in their lifetime. Forty-three percent of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.
- Male American Indian Students on Montana Reservations were more likely to report having had sexual intercourse than females (Figure 12, Appendix B).
- Seventy-two percent of American Indian students on Montana Reservations who have had sexual intercourse reported having had sex with multiple (two or more) partners. Male students were more likely to have had multiple partners than females (Figure 13, Appendix B).

- Thirty-six percent of American Indian students on Montana Reservations who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Male students were slightly more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).
- Thirty-seven percent of American Indian students on Montana Reservations who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

PHYSICAL INACTIVITY

Overview

Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems. In 2001, 22 percent of adult Montanans reported “no leisure time physical activity,” 49 percent are at risk for not meeting the moderate physical activity recommendations of Healthy People 2010 (i.e., 30 minutes of activity, five or more times a week) and 76 percent are at risk for not meeting vigorous physical activity recommendations of Healthy People 2010 (i.e., 20 or more minutes of activity, three or more times a week, at 50 percent or more capacity) (Montana Department of Public Health and Human Services, 2001 BRFSS survey results).

Seven questions were asked of Montana American Indian students on Montana Reservations regarding physical inactivity (Appendix A). The questions related to types of physical activity as well as frequency of activity.

Highlights of the survey related to physical inactivity

- Nearly two-thirds (61 percent) of American Indian students on Montana Reservations played on one or more sports teams during the past 12 months. One-third (33 percent) of American Indian students on Montana Reservations attended physical education classes daily (Figure 14, Appendix B).
- Over one-half (61 percent) of American Indian students on Montana Reservations watch TV two or more hours per day (Figure 14, Appendix B).
- Fifty-three percent of American Indian students on Montana Reservations did strengthening exercises in three of the past seven days prior to the survey (Figure 14, Appendix B).

DIETARY EXCESSES AND IMBALANCES

Overview

Evidence suggests that approximately 33 percent of all cancer deaths in the United States are related to dietary factors (American Cancer Society, Cancer Facts and Figures, 2002). Using this average, in Montana an estimated 633 of the total 1,900 cancer deaths for the year 2002 were related to dietary excesses and imbalances. In addition, 21 percent of Montana youth live in poverty and thus are at risk for hunger. Montana ranked 39th among the 50 states for the percent of children living in poverty (Kids Count Survey, 2003). In Montana, 42,912 children, or 2 in 10, were living in poverty (Children's Defense Fund, 2003).

Seven questions were asked of Montana American Indian students on Montana Reservations regarding dietary excesses and imbalances (Appendix A). The questions related to types of food the youth were eating as well as frequency.

Highlights of the survey related to dietary excesses and imbalances

- One-half (50 percent) of American Indian students on Montana Reservations think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).
- Sixty-one percent of female American Indian students on Montana Reservations are trying to lose weight. Only 40 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).
- Eighty-eight percent of American Indian students on Montana Reservations reported eating fruit at least once during the seven days prior to the survey. Sixty-six percent ate a green salad within the past seven days (Figure 15, Appendix B).

Conclusions



IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2003 American Indian students on Montana Reservations Risk Behavior Survey indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** -- only 9 percent of American Indian students on Montana Reservations wear seat belts *all* of the time when riding in a car driven by someone else. This level of usage is a marked decrease from the 2001 figure of 13 percent and is far short of the current objective for seat belt use of 85 percent of all occupants wearing seat belts *all* of the time.
- **Bicycle helmet usage** -- only 2 percent of American Indian students on Montana Reservations who ride bicycles reported using helmets *all* of the time. The current objective is for 50 percent of bicyclists to use helmets.
- **Vehicle-related mortality** -- the motor vehicle accident mortality rate among American Indian students on Montana Reservations is approximately 55 per 100,000 people. The current objective is to reduce deaths caused by motor vehicles to 33 per 100,000.
- **Injurious suicide attempts** -- the number of injurious suicide attempts reported by American Indian students on Montana Reservations was approximately the same in 2003 as in 1999 and 2001 (30 per 1,000 people). The YRBS data showed little difference between 2003 and 2001 in the percent of students who actually attempted suicide, and Montana remains fifth highest in the nation in the rate of completed adolescent suicides. The current objective is to reduce the incidence of injurious attempts by 15 percent among adolescents aged 14-17.
- **Smokeless tobacco use** -- American Indian students on Montana Reservations are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2003, 29 percent of male and 12 percent of female American Indian students on Montana Reservations used snuff or chewing tobacco in the 30 days prior to the survey. While these rates are somewhat lower than the 2001 rates,

the current objective is to reduce usage for youth aged 12-24 to no more than 4 percent.

- **Alcohol usage** – the 2003 YRBS indicates that approximately 49 percent of American Indian students on Montana Reservations had used alcohol in the month prior to the survey. The current objective is to reduce alcohol intake to 12.6 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.
- **Marijuana usage** -- the 2003 YRBS indicates that 45 percent of American Indian youth on Montana Reservations had used marijuana during the 30 days prior to the survey. This rate is about 5 percentage points lower than the rate reported in 2001. The current objective is to reduce the use of marijuana in the past month to 3.2 percent for the age group that includes high school students.
- **Sexual behavior** -- the 2003 YRBS indicates that 66 percent of American Indian students on Montana Reservations had engaged in sexual intercourse. The current objective is to reduce this rate to 15 percent for those aged 15 years or less.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of American Indian students on Montana Reservations. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, suicide attempts, fighting, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement since 1999, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana's American Indian school youth with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. About 85 percent of American Indian students on Montana Reservations indicated they have received education related to HIV/AIDS infection.
- Over 59 percent of American Indian students on Montana Reservations regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and muscular flexibility. The current objective is to increase the national rate to 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate American Indian youth. Comprehensive school health programs and policies that support what is taught in the Health Enhancement

classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If American Indian students on Montana Reservations are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.
 - Montana students should have daily access to and participation in health enhancement classes.
 - Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.
 - Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").
 - Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.
 - Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.
2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.
 3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.
 4. Improve the behavior patterns of American Indian students on Montana Reservations in the following areas:
 - increasing seat belt and helmet use,
 - reducing alcohol use,

- reducing marijuana use,
 - reducing use of tobacco products, especially smokeless tobacco, by young males and females, and
 - increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who choose to reestablish abstinence from sexual intercourse, recognizing that there are youth who are sexually active, and increasing the use of condoms among sexually active youth.
5. Continue to address significant health-risk behaviors through prevention efforts that include the following concepts:
- Intentional and Unintentional Injuries

Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.
 - Tobacco Use

Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

Montana schools should be tobacco-free.
 - Alcohol and Drug Use

Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.
 - Sexuality

Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or faith-based structured program in line with family and community values.

- Physical Inactivity

Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.

- Nutrition

Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in school youth should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of American Indian school youth are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.
7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.
8. Continue to monitor American Indian school youth behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

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APPENDIX A
FREQUENCY DISTRIBUTIONS

2003 MONTANA YOUTH RISK BEHAVIOR SURVEY AMERICAN INDIAN STUDENTS ON MONTANA RESERVATIONS FREQUENCY DISTRIBUTION

The following frequency distributions are based upon surveys of 1,047 American Indian students on Montana Reservations during February of 2003. Frequency distributions may not total 1,047 due to non-response and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	<u>Percent</u>
A. 12 years old or younger	0.1%
B. 13 years old	0.2%
C. 14 years old	9.1%
D. 15 years old	23.8%
E. 16 years old	28.4%
F. 17 years old	25.3%
G. 18 years old or older	13.1%

Q-2 What is your sex?

	<u>Percent</u>
A. Female	47.7%
B. Male	52.3%

Q-3 In what grade are you?

	<u>Percent</u>
A. 9th Grade	26.4%
B. 10th Grade	30.2%
C. 11th Grade	25.3%
D. 12th Grade	17.6%
E. Other	0.5%

Q-4 How do you describe yourself? (Select one or more responses.)

	<u>Percent</u>
A. American Indian or Alaska Native	100.0%
B. Asian	0.6%
C. Black or African American	0.8%
D. Hispanic or Latino	2.2%
E. Native Hawaiian or Other Pacific Islander	0.2%
F. White	6.7%

Q-5 During the past 12 months, how would you describe your grades in school?

	<u>Percent</u>
A. Mostly A's	15.9%
B. Mostly B's	32.4%
C. Mostly C's	30.0%
D. Mostly D's	6.6%
E. Mostly F's	2.4%
F. None of these grades	1.2%
G. Not sure	11.6%

Q-6 How tall are you without your shoes on?

	<u>Percent</u>
A. Less than 4 ft	0.3%
B. 4 ft to 4 ft, 6 in	0.3%
C. 4 ft, 7 in to 5 ft	1.3%
D. 5 ft, 1 in to 5 ft, 6 in	35.6%
E. Over 5 ft, 6 in	62.5%

Q-7 How much do you weigh without your shoes on?

	<u>Percent</u>
A. Less than 90 lbs	0.3%
B. 90-99 lbs	0.9%
C. 100-109 lbs	3.2%
D. 110-119 lbs	6.3%
E. 120-129 lbs	11.3%
F. 133-139 lbs	14.6%
G. 140 lbs +	63.3%

The next 5 questions ask about personal safety.

Q-8 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	47.2%
B. Never wore a helmet	48.4%
C. Rarely wore a helmet	1.8%
D. Sometimes wore a helmet	1.1%
E. Most of the time wore a helmet	0.7%
F. Always wore a helmet	0.9%

Q-9 How often do you wear a seat belt when riding in a car driven by someone else?

	<u>Percent</u>
A. Never	9.9%
B. Rarely	19.6%
C. Sometimes	35.2%
D. Most of the time	26.1%
E. Always	9.2%

Q-10 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	<u>Percent</u>
A. 0 times	56.4%
B. 1 time	13.6%
C. 2 or 3 times	16.6%
D. 4 or 5 times	4.2%
E. 6 or more times	9.2%

Q-11 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	<u>Percent</u>
A. 0 times	78.7%
B. 1 time	8.6%
C. 2 or 3 times	7.3%
D. 4 or 5 times	2.2%
E. 6 or more times	3.2%

The next 10 questions ask about violence-related behaviors.

Q-12 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	<u>Percent</u>
A. 0 days	82.7%
B. 1 day	4.7%
C. 2 or 3 days	4.2%
D. 4 or 5 days	1.2%
E. 6 or more days	7.2%

Q-13 During the past 30 days, on how many days did you carry a gun?

	<u>Percent</u>
A. 0 days	91.3%
B. 1 day	3.5%
C. 2 or 3 days	1.9%
D. 4 or 5 days	0.8%
E. 6 or more days	2.5%

Q-14 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 days	91.3%
B. 1 day	3.5%
C. 2 or 3 days	1.5%
D. 4 or 5 days	1.0%
E. 6 or more days	2.8%

Q-15 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	<u>Percent</u>
A. 0 days	92.7%
B. 1 day	3.2%
C. 2 or 3 days	2.4%
D. 4 or 5 days	0.9%
E. 6 or more days	0.9%

Q-16 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 times	93.2%
B. 1 time	3.7%
C. 2 or 3 times	1.2%
D. 4 or 5 times	0.3%
E. 6 or 7 times	0.2%
F. 8 or 9 times	0.2%
G. 10 or 11 times	0.3%
H. 12 or more times	1.0%

Q-17 During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

	<u>Percent</u>
A. 0 times	73.8%
B. 1 time	14.9%
C. 2 or 3 times	7.2%
D. 4 or 5 times	1.3%
E. 6 or 7 times	1.1%
F. 8 or 9 times	0.5%
G. 10 or 11 times	0.1%
H. 12 or more times	1.2%

Q-18 During the past 12 months, how many times were you in a physical fight?

	<u>Percent</u>
A. 0 times	59.2%
B. 1 time	19.1%
C. 2 or 3 times	12.5%
D. 4 or 5 times	4.3%
E. 6 or 7 times	1.1%
F. 8 or 9 times	1.2%
G. 10 or 11 times	0.1%
H. 12 or more times	2.5%

Q-19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	<u>Percent</u>
A. 0 times	93.4%
B. 1 time	4.9%
C. 2 or 3 times	0.8%
D. 4 or 5 times	0.5%
E. 6 or more times	0.4%

Q-20 During the past 12 months, how many times were you in a physical fight on school property?

	<u>Percent</u>
A. 0 times	84.8%
B. 1 time	10.1%
C. 2 or 3 times	2.8%
D. 4 or 5 times	1.0%
E. 6 or 7 times	0.1%
F. 8 or 9 times	0.2%
G. 10 or 11 times	0.2%
H. 12 or more times	0.9%

Q-21 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	15.2%
B. No	84.8%

Q-22 Have you ever been physically forced to have sexual intercourse when you did not want to?

	<u>Percent</u>
A. Yes	8.8%
B. No	91.2%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	<u>Percent</u>
A. Yes	30.0%
B. No	70.0%

Q-24 During the past 12 months, did you ever seriously consider attempting suicide?

	<u>Percent</u>
A. Yes	17.5%
B. No	82.5%

Q-25 During the past 12 months, did you make a plan about how you would attempt suicide?

	<u>Percent</u>
A. Yes	14.0%
B. No	86.0%

Q-26 During the past 12 months, how many times did you actually attempt suicide?

	<u>Percent</u>
A. 0 times	84.7%
B. 1 time	10.8%
C. 2 or 3 times	2.7%
D. 4 or 5 times	0.1%
E. 6 or more times	1.6%

Q-27 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	75.8%
B. Yes	4.3%
C. No	19.9%

The next 12 questions ask about tobacco use.

Q-28 Have you ever tried cigarette smoking, even one or two puffs?

	<u>Percent</u>
A. Yes	84.5%
B. No	15.5%

Q-29 How old were you when you smoked a whole cigarette for the first time?

	<u>Percent</u>
A. I have never smoked a whole cigarette	27.5%
B. 8 years old or younger	8.7%
C. 9 or 10 years old	15.0%
D. 11 or 12 years old	18.5%
E. 13 or 14 years old	18.8%
F. 15 or 16 years old	9.2%
G. 17 years old or older	2.2%

Q-30 During the past 30 days, on how many days did you smoke cigarettes?

	<u>Percent</u>
A. 0 days	47.9%
B. 1 or 2 days	13.1%
C. 3 to 5 days	6.3%
D. 6 to 9 days	4.8%
E. 10 to 19 days	6.1%
F. 20 to 29 days	7.8%
G. All 30 days	14.0%

Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	49.3%
B. Less than 1 cigarette per day	12.7%
C. 1 cigarette per day	7.3%
D. 2 to 5 cigarettes per day	23.4%
E. 6 to 10 cigarettes per day	4.8%
F. 11 to 20 cigarettes per day	1.2%
G. More than 20 cigarettes per day	1.4%

Q-32 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	50.7%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	10.7%
C. I bought them from a vending machine	1.0%
D. I gave someone else money to buy them for me	16.1%
E. I borrowed (or bummed) them from someone else	13.8%
F. A person 18 years old or older gave them to me	2.0%
G. I took them from a store or family member	1.0%
H. I got them some other way	4.8%

Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

	<u>Percent</u>
A. 0 days	81.4%
B. 1 or 2 days	7.7%
C. 3 to 5 days	3.5%
D. 6 to 9 days	1.8%
E. 10 to 19 days	1.8%
F. 20 to 29 days	1.2%
G. All 30 days	2.6%

Q-34 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

	<u>Percent</u>
A. Yes	33.0%
B. No	67.0%

Q-35 During the past 12 months, did you ever try to quit smoking cigarettes?

	<u>Percent</u>
A. I did not smoke during the past 12 months	48.8%
B. Yes	37.4%
C. No	13.9%

Q-36 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. 0 days	79.2%
B. 1 or 2 days	6.0%
C. 3 to 5 days	3.9%
D. 6 to 9 days	2.9%
E. 10 to 19 days	2.2%
F. 20 to 29 days	1.1%
G. All 30 days	4.7%

Q-37 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	<u>Percent</u>
A. 0 days	84.0%
B. 1 or 2 days	4.8%
C. 3 to 5 days	3.5%
D. 6 to 9 days	1.7%
E. 10 to 19 days	1.5%
F. 20 to 29 days	1.2%
G. All 30 days	3.2%

Q-38 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	<u>Percent</u>
A. 0 days	89.1%
B. 1 or 2 days	6.4%
C. 3 to 5 days	1.7%
D. 6 to 9 days	1.4%
E. 10 to 19 days	0.2%
F. 20 to 29 days	0.3%
G. All 30 days	1.0%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-39 During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	22.3%
B. 1 or 2 days	17.3%
C. 3 to 9 days	16.1%
D. 10 to 19 days	10.3%
E. 20 to 39 days	11.7%
F. 40 to 99 days	10.2%
G. 100 or more days	12.1%

Q-40 How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	19.5%
B. 8 years old or younger	8.3%
C. 9 or 10 years old	7.6%
D. 11 or 12 years old	15.6%
E. 13 or 14 years old	29.5%
F. 15 or 16 years old	16.9%
G. 17 years old or older	2.6%

Q-41 During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	51.2%
B. 1 or 2 days	21.6%
C. 3 to 5 days	12.1%
D. 6 to 9 days	8.5%
E. 10 to 19 days	4.7%
F. 20 to 29 days	0.6%
G. All 30 days	1.3%

Q-42 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	57.3%
B. 1 day	14.6%
C. 2 days	10.0%
D. 3 to 5 days	10.7%
E. 6 to 9 days	4.5%
F. 10 to 19 days	1.9%
G. 20 or more days	1.0%

Q-43 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	<u>Percent</u>
A. 0 days	89.1%
B. 1 or 2 days	6.1%
C. 3 to 5 days	1.8%
D. 6 to 9 days	0.9%
E. 10 to 19 days	1.0%
F. 20 to 29 days	0.1%
G. All 30 days	1.0%

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

Q-44 During your life, how many times have you used marijuana?

	<u>Percent</u>
A. 0 times	25.8%
B. 1 or 2 times	12.6%
C. 3 to 9 times	10.6%
D. 10 to 19 times	9.7%
E. 20 to 39 times	9.1%
F. 40 to 99 times	7.0%
G. 100 or more times	25.2%

Q-45 How old were you when you tried marijuana for the first time?

	<u>Percent</u>
A. I have never tried marijuana	24.5%
B. 8 years old or younger	7.4%
C. 9 or 10 years old	9.8%
D. 11 or 12 years old	18.2%
E. 13 or 14 years old	27.2%
F. 15 or 16 years old	10.9%
G. 17 years old or older	1.9%

Q-46 During the past 30 days, how many times did you use marijuana?

	<u>Percent</u>
A. 0 times	55.4%
B. 1 or 2 times	11.0%
C. 3 to 9 times	9.9%
D. 10 to 19 times	6.4%
E. 20 to 39 times	5.9%
F. 40 or more times	11.4%

Q-47 During the past 30 days, how many times did you use marijuana on school property?

	<u>Percent</u>
A. 0 times	84.1%
B. 1 or 2 times	5.5%
C. 3 to 9 times	4.4%
D. 10 to 19 times	2.6%
E. 20 to 39 times	1.3%
F. 40 or more times	2.0%

The next 9 questions ask about other drugs.

Q-48 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	84.9%
B. 1 or 2 times	7.4%
C. 3 to 9 times	3.7%
D. 10 to 19 times	1.7%
E. 20 to 39 times	0.6%
F. 40 or more times	1.7%

Q-49 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	93.9%
B. 1 or 2 times	2.9%
C. 3 to 9 times	1.8%
D. 10 to 19 times	0.4%
E. 20 to 39 times	0.1%
F. 40 or more times	0.9%

Q-50 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	78.7%
B. 1 or 2 times	10.2%
C. 3 to 9 times	5.8%
D. 10 to 19 times	2.6%
E. 20 to 39 times	0.9%
F. 40 or more times	1.8%

Q-51 During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	93.7%
B. 1 or 2 times	3.8%
C. 3 to 9 times	1.4%
D. 10 to 19 times	0.3%
E. 20 to 39 times	0.1%
F. 40 or more times	0.8%

Q-52 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	<u>Percent</u>
A. 0 times	97.6%
B. 1 or 2 times	1.1%
C. 3 to 9 times	0.3%
D. 10 to 19 times	0.1%
E. 20 to 39 times	0.2%
F. 40 or more times	0.8%

Q-53 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	<u>Percent</u>
A. 0 times	84.2%
B. 1 or 2 times	7.5%
C. 3 to 9 times	3.1%
D. 10 to 19 times	1.8%
E. 20 to 39 times	1.4%
F. 40 or more times	1.9%

Q-54 During your life, how many times have you used ecstasy (also called MDMA)?

	<u>Percent</u>
A. 0 times	92.0%
B. 1 or 2 times	4.4%
C. 3 to 9 times	1.8%
D. 10 to 19 times	0.6%
E. 20 to 39 times	0.5%
F. 40 or more times	0.7%

Q-55 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	<u>Percent</u>
A. 0 times	93.9%
B. 1 or 2 times	2.8%
C. 3 to 9 times	1.4%
D. 10 to 19 times	0.5%
E. 20 to 39 times	0.4%
F. 40 or more times	1.1%

Q-56 During your life, how many times have you used a needle to inject any illegal drug into your body?

	<u>Percent</u>
A. 0 times	97.2%
B. 1 time	1.3%
C. 2 or more times	1.5%

Q-57 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Percent</u>
A. Yes	32.4%
B. No	67.6%

The next 8 questions ask about sexual behavior.

Q-58 Have you ever had sexual intercourse?

	<u>Percent</u>
A. Yes	66.2%
B. No	33.8%

Q-59 How old were you when you had sexual intercourse for the first time?

	<u>Percent</u>
A. I have never had sexual intercourse	33.4%
B. 11 years old or younger	7.3%
C. 12 years old	7.2%
D. 13 years old	10.5%
E. 14 years old	13.8%
F. 15 years old	15.6%
G. 16 years old	8.1%
H. 17 years old or older	4.1%

Q-60 During your life, with how many people have you had sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	34.2%
B. 1 person	18.3%
C. 2 people	10.2%
D. 3 people	9.6%
E. 4 people	6.5%
F. 5 people	5.7%
G. 6 or more people	15.5%

Q-61 During the past 3 months, with how many people did you have sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	35.7%
B. I have had sexual intercourse, but not during the past 3 months	20.8%
C. 1 person	28.7%
D. 2 people	5.7%
E. 3 people	4.3%
F. 4 people	0.9%
G. 5 people	1.4%
H. 6 or more people	2.5%

Q-62 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Percent</u>
A. I have never had sexual intercourse	33.2%
B. Yes	24.0%
C. No	42.8%

Q-63 The last time you had sexual intercourse, did you or your partner use a condom?

	<u>Percent</u>
A. I have never had sexual intercourse	34.4%
B. Yes	41.3%
C. No	24.2%

Q-64 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

	<u>Percent</u>
A. I have never had sexual intercourse	34.1%
B. No method was used to prevent pregnancy	10.4%
C. Birth control pills	7.6%
D. Condoms	35.7%
E. Depo-Provera (injectable birth control)	3.6%
F. Withdrawal	2.7%
G. Some other method	1.8%
H. Not sure	4.0%

Q-65 How many times have you been pregnant or gotten someone pregnant?

	<u>Percent</u>
A. 0 times	88.5%
B. 1 time	7.2%
C. 2 or more times	1.7%
D. Not sure	2.6%

The next 7 questions ask about body weight.

Q-66 How do you describe your weight?

	<u>Percent</u>
A. Very underweight	2.8%
B. Slightly underweight	9.0%
C. About the right weight	49.7%
D. Slightly overweight	31.3%
E. Very overweight	7.2%

Q-67 Which of the following are you trying to do about your weight?

	<u>Percent</u>
A. Lose weight	50.2%
B. Gain weight	12.5%
C. Stay the same weight	17.7%
D. I am not trying to do anything about my weight	19.5%

Q-68 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	66.5%
B. No	33.5%

Q-69 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	39.1%
B. No	60.9%

Q-70 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	15.3%
B. No	84.7%

Q-71 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Percent</u>
A. Yes	10.7%
B. No	89.3%

Q-72 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	5.6%
B. No	94.4%

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed.

Q-73 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	15.6%
B. 1 to 3 times during the past 7 days	40.3%
C. 4 to 6 times during the past 7 days	20.2%
D. 1 time per day	7.1%
E. 2 times per day	6.6%
F. 3 times per day	4.8%
G. 4 or more times per day	5.3%

Q-74 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	12.6%
B. 1 to 3 times during the past 7 days	39.3%
C. 4 to 6 times during the past 7 days	21.7%
D. 1 time per day	9.8%
E. 2 times per day	8.8%
F. 3 times per day	4.0%
G. 4 or more times per day	3.8%

Q-75 During the past 7 days, how many times did you eat green salad?

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	33.7%
B. 1 to 3 times during the past 7 days	41.8%
C. 4 to 6 times during the past 7 days	12.1%
D. 1 time per day	7.4%
E. 2 times per day	2.6%
F. 3 times per day	0.7%
G. 4 or more times per day	1.7%

Q-76 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	30.5%
B. 1 to 3 times during the past 7 days	49.4%
C. 4 to 6 times during the past 7 days	11.8%
D. 1 time per day	4.5%
E. 2 times per day	1.8%
F. 3 times per day	0.9%
G. 4 or more times per day	1.1%

Q-77 During the past 7 days, how many times did you eat carrots?

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	50.7%
B. 1 to 3 times during the past 7 days	36.5%
C. 4 to 6 times during the past 7 days	5.9%
D. 1 time per day	2.5%
E. 2 times per day	2.2%
F. 3 times per day	1.0%
G. 4 or more times per day	1.1%

Q-78 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 days	23.9%
B. 1 to 3 times during the past 7 days	46.7%
C. 4 to 6 times during the past 7 days	16.5%
D. 1 time per day	6.5%
E. 2 times per day	3.9%
F. 3 times per day	1.6%
G. 4 or more times per day	1.0%

Q-79 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	<u>Percent</u>
A. I did not drink milk during the past 7 days	15.5%
B. 1 to 3 glasses during the past 7 days	28.2%
C. 4 to 6 glasses during the past 7 days	16.6%
D. 1 glass per day	12.0%
E. 2 glasses per day	13.3%
F. 3 glasses per day	7.0%
G. 4 or more glasses per day	7.4%

Q-80 On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	<u>Percent</u>
A. 0 days	18.1%
B. 1 day	10.5%
C. 2 days	12.5%
D. 3 days	13.0%
E. 4 days	11.7%
F. 5 days	12.6%
G. 6 days	4.3%
H. 7 days	17.2%

Q-81 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

	<u>Percent</u>
A. 0 days	34.5%
B. 1 day	15.7%
C. 2 days	13.6%
D. 3 days	8.9%
E. 4 days	6.8%
F. 5 days	7.4%
G. 6 days	2.1%
H. 7 days	11.1%

Q-82 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	<u>Percent</u>
A. 0 days	23.7%
B. 1 day	10.6%
C. 2 days	13.3%
D. 3 days	14.7%
E. 4 days	9.3%
F. 5 days	12.1%
G. 6 days	3.5%
H. 7 days	12.8%

Q-83 On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	9.4%
B. Less than 1 hour per day	16.1%
C. 1 hour per day	13.7%
D. 2 hours per day	22.4%
E. 3 hours per day	18.4%
F. 4 hours per day	9.6%
G. 5 or more hours per day	10.4%

Q-84 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	36.8%
B. 1 day	7.3%
C. 2 days	5.2%
D. 3 days	13.8%
E. 4 days	3.9%
F. 5 days	32.9%

Q-85 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	<u>Percent</u>
A. I do not take PE	34.5%
B. Less than 10 minutes	4.9%
C. 10 to 20 minutes	10.2%
D. 21 to 30 minutes	13.0%
E. 31 to 40 minutes	12.3%
F. 41 to 50 minutes	13.7%
G. 51 to 60 minutes	4.9%
H. More than 60 minutes	6.6%

Q-86 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	<u>Percent</u>
A. 0 teams	39.2%
B. 1 team	23.3%
C. 2 teams	19.0%
D. 3 or more teams	18.5%

The next question asks about AIDS education.

Q-87 Have you ever been taught about AIDS or HIV infection in school?

	<u>Percent</u>
A. Yes	84.7%
B. No	9.5%
C. Not sure	5.8%

Q-88 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?

	<u>Percent</u>
A. Yes	25.2%
B. No	74.8%

Q-89 How often do you wear a seat belt when driving a car?

	<u>Percent</u>
A. I do not drive a car	12.6%
B. Never	11.2%
C. Rarely	22.1%
D. Sometimes	26.4%
E. Most of the time	17.1%
F. Always	10.6%

Q-90 Do you drive, and did you complete driver education (classroom and behind-the-wheel)?

	<u>Percent</u>
A. No, I do not drive; I do not have a valid license or permit, and no, I did not complete driver education.	23.1%
B. No, I do not drive; I do not have a valid license or permit, but yes, I completed driver education.	6.9%
C. Yes, I drive with a valid license or permit, but no, I did not complete driver education.	14.2%
D. Yes, I drive with a valid license or permit, and yes, I did completed driver education.	20.0%
E. Yes, I drive regularly on public roads, but I do not have a valid license or permit.	35.8%

APPENDIX B

REFERENCED FIGURES

Figure 1
Intentional and unintentional injury risk behaviors of
American Indian students on Montana Reservations

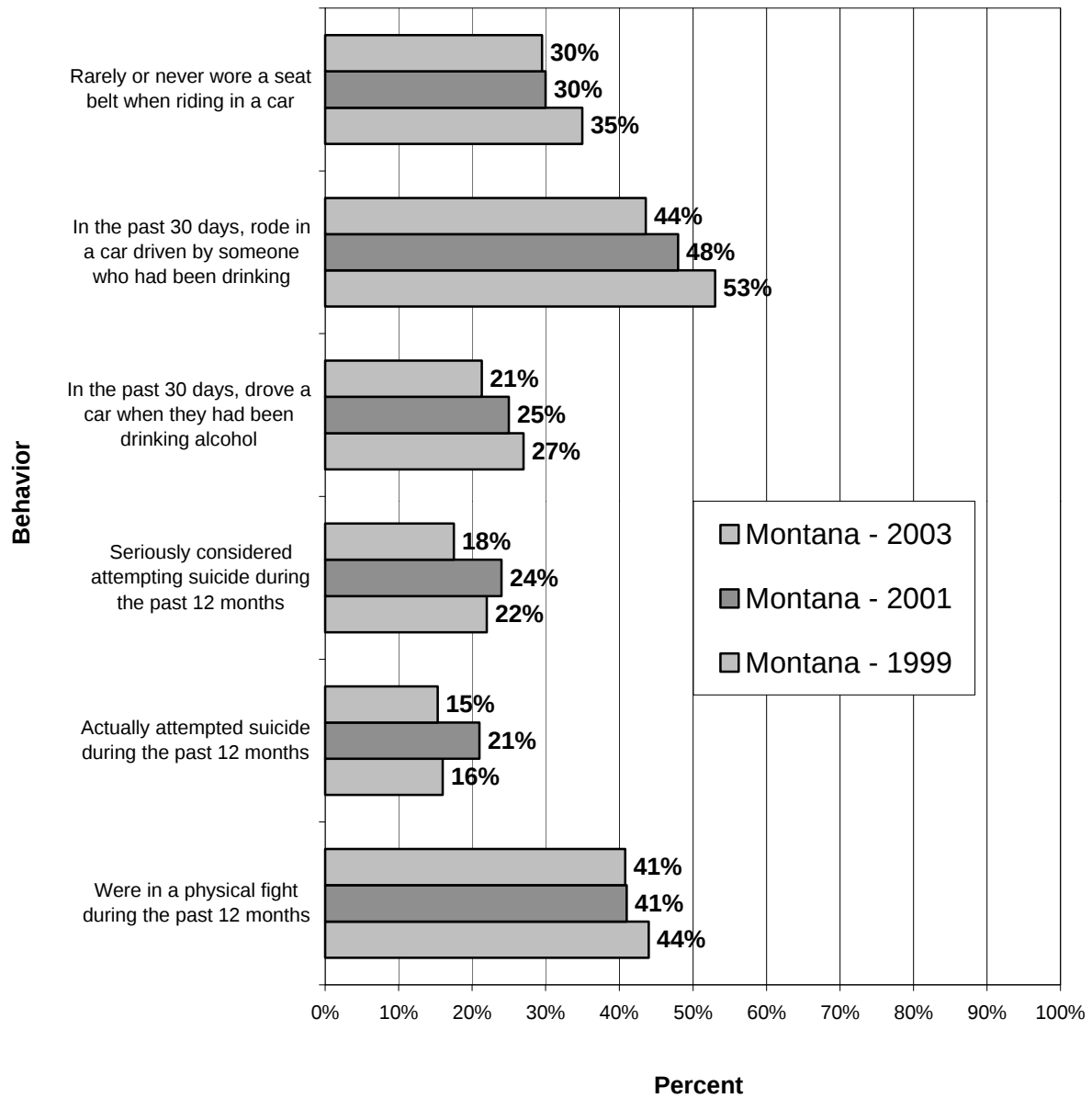


Figure 2

Percent of American Indian students on Montana Reservations who "Always" wear a seat belt when riding in a car driven by someone else

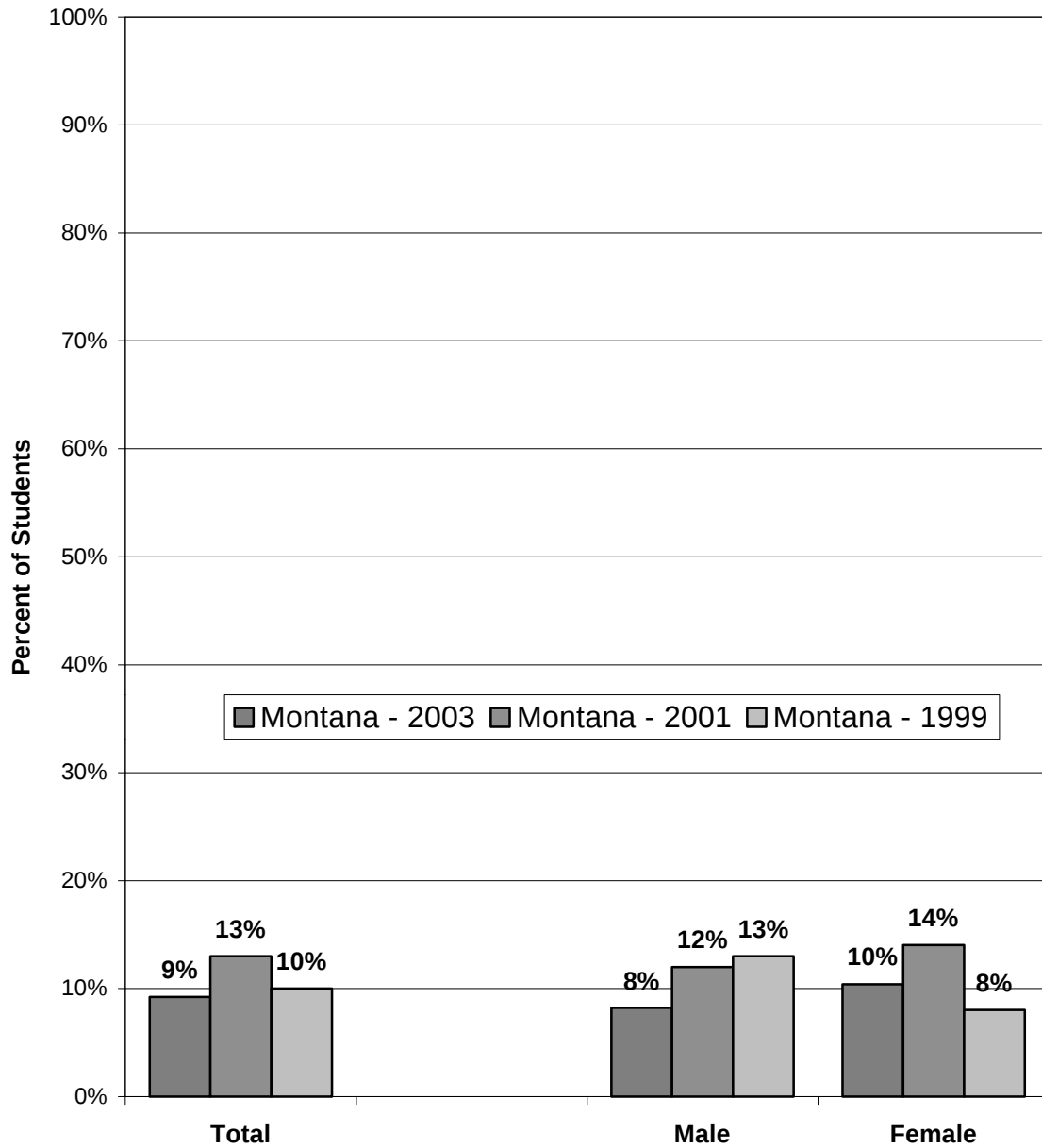
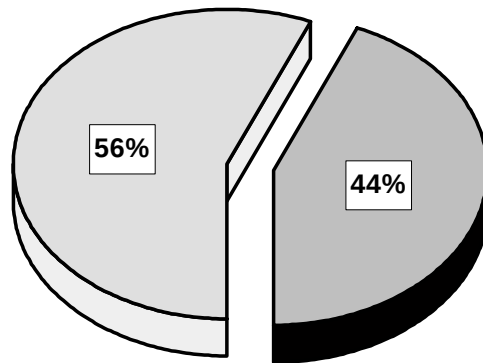


Figure 3

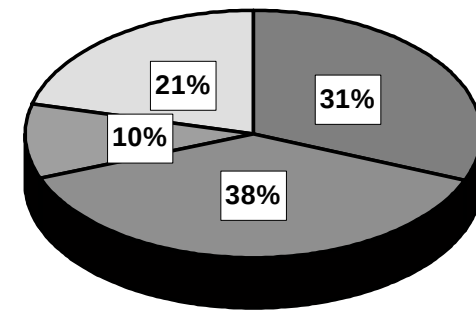
Percent of those American Indian students on Montana Reservations who, during the past 30 days, reported riding in a vehicle that was driven by someone who had been drinking, by number of times

Percent of all American Indian Students on Montana Reservations



□ Have not ridden with drinker
■ Have ridden with drinker

Number of times they rode with drinker, by percent

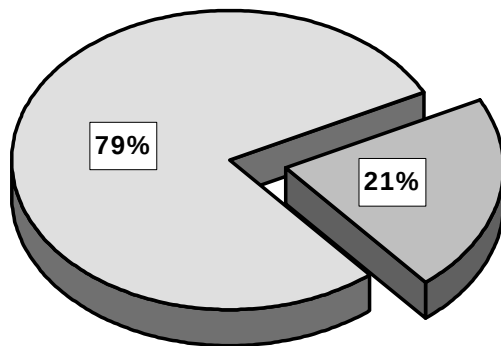


■ Once ■ 2 or 3 times
■ 4 or 5 times □ 6 or more times

Figure 4

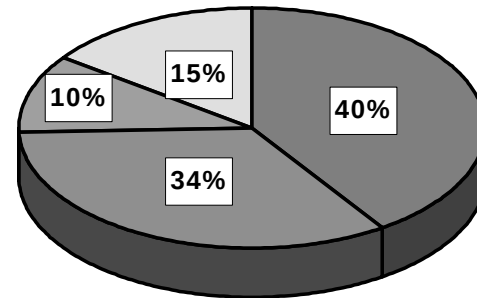
Percent of those American Indian students on Montana Reservations who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times

Percent of all American Indian Students on Montana Reservations



□ Have not driven after drinking
■ Have driven after drinking

Number of times they drove while drinking, by percent



■ Once ■ 2 or 3 times
■ 4 or 5 times □ 6 or more times

Figure 5

**Percent of American Indian students on Montana
Reservations involved and/or injured in a
physical fight in the past 12 months**

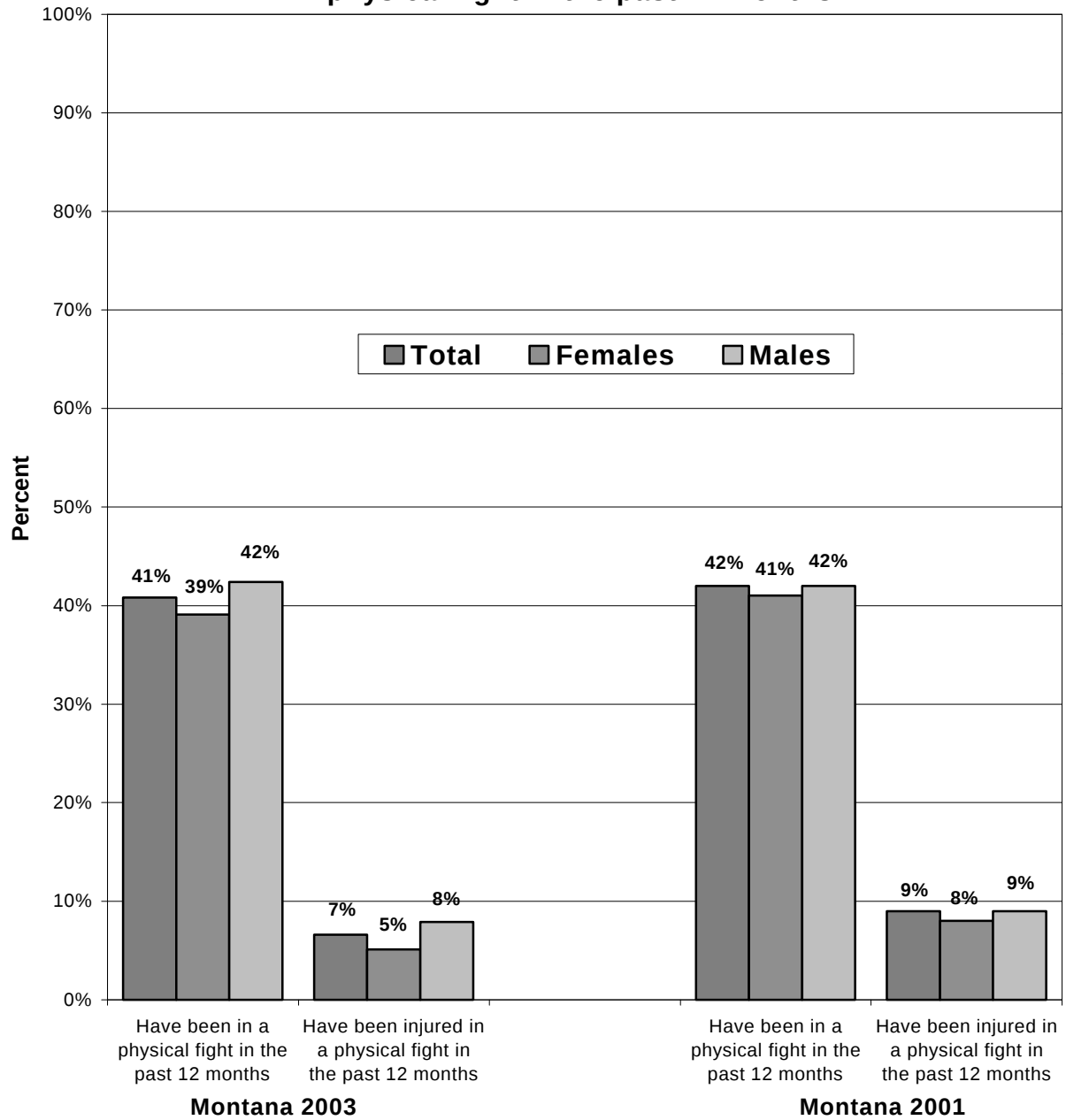


Figure 6

**Percent of American Indian students on Montana Reservations
who contemplated, planned, or attempted suicide in the past
12 months**

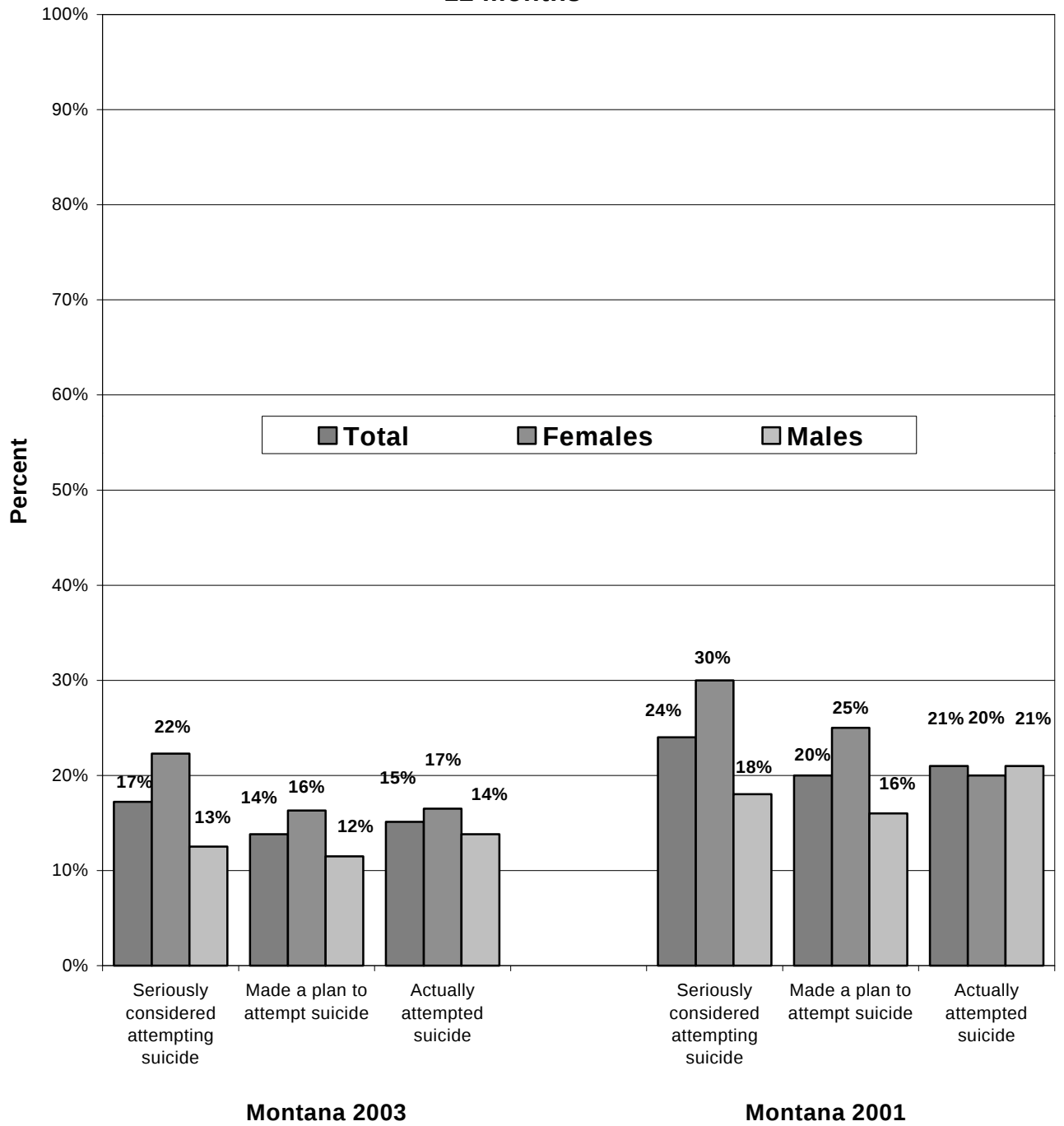


Figure 7
Tobacco use risk behaviors of American Indian students on Montana Reservations

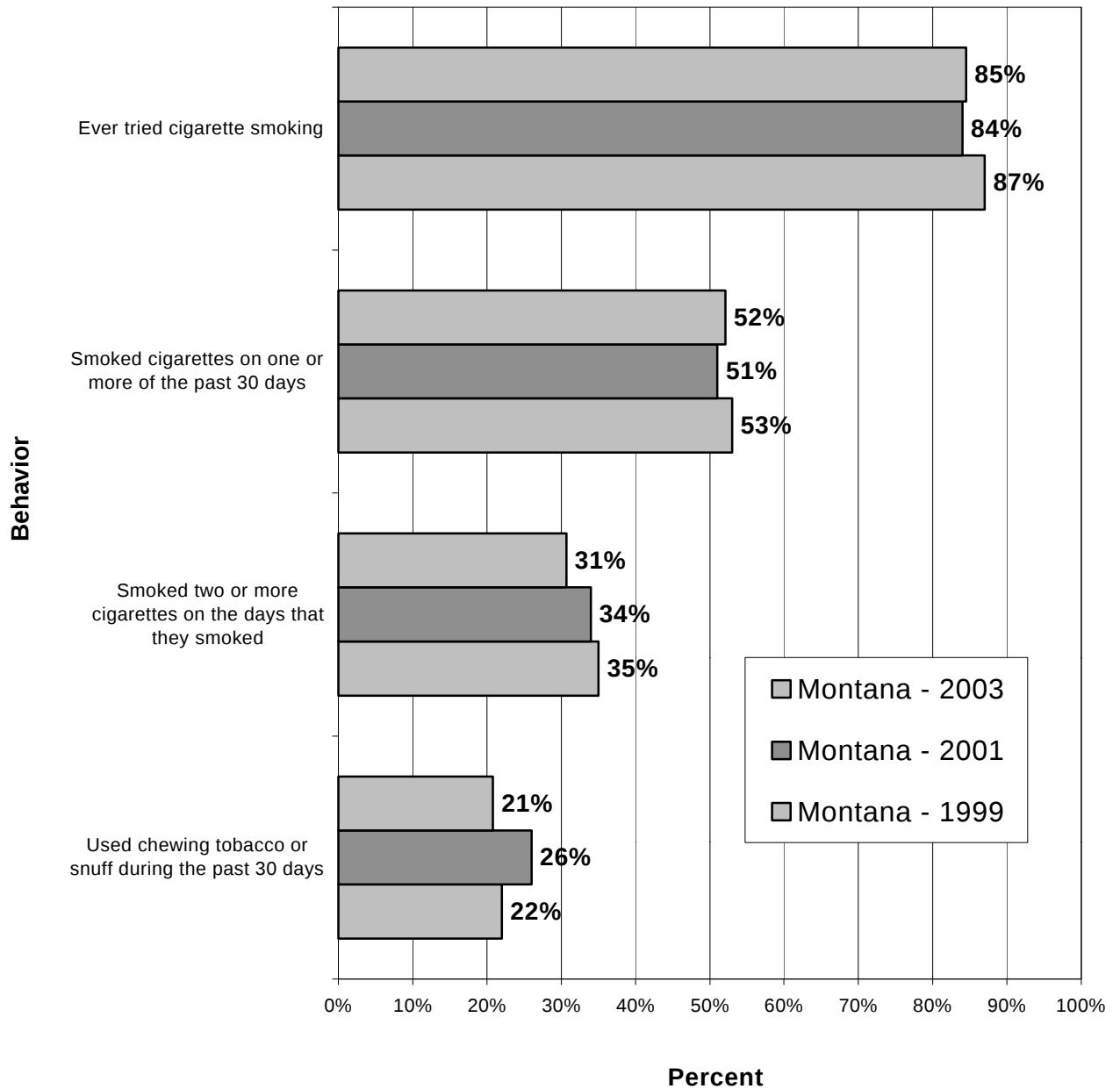


Figure 8

**Percent of American Indian students on Montana Reservations
who reported that they were current smokers or that they used
chewing tobacco or snuff in the 30 days
prior to the survey, by gender**

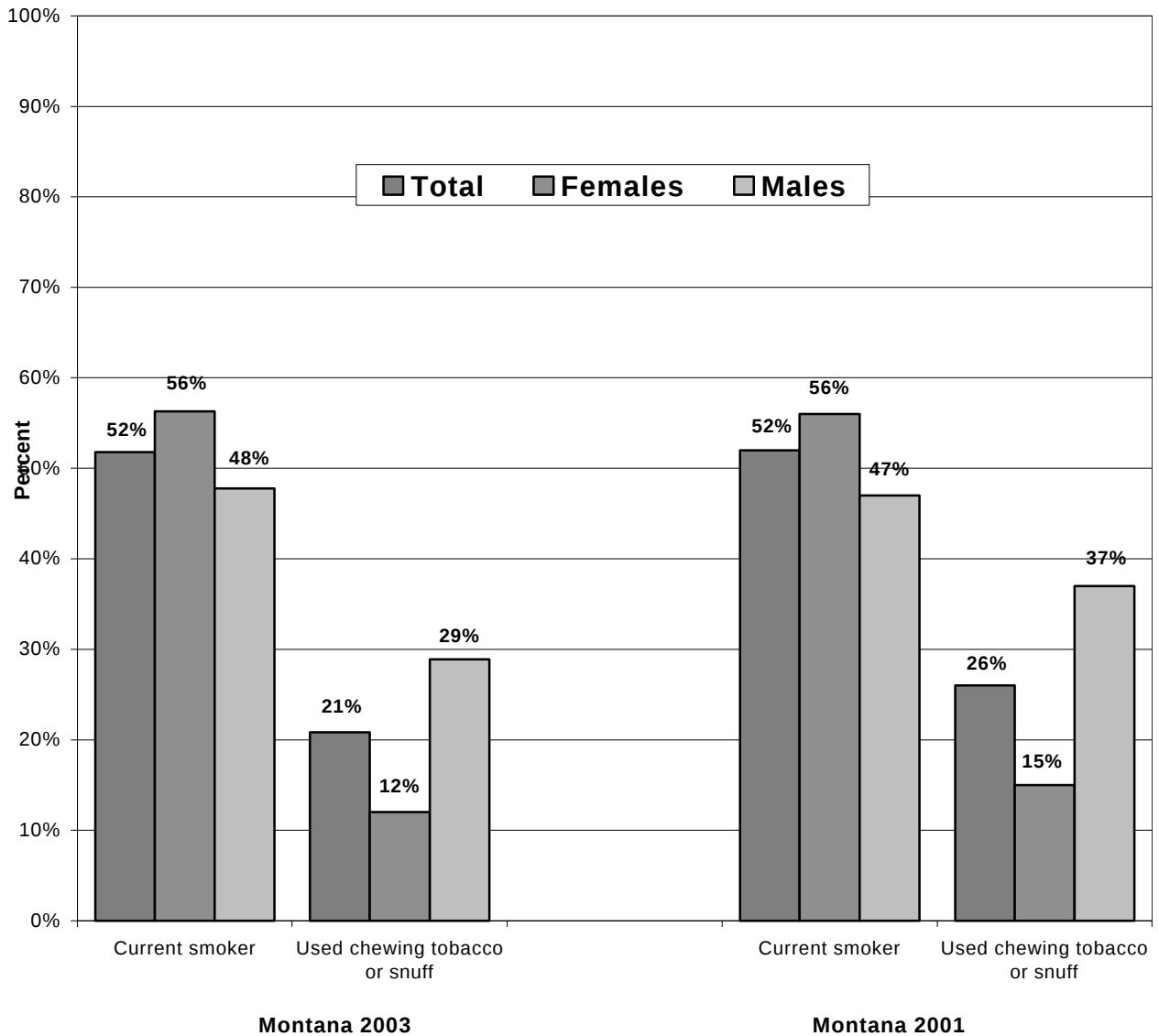


Figure 9
Alcohol and drug abuse risk behaviors of American
Indian students on Montana Reservations

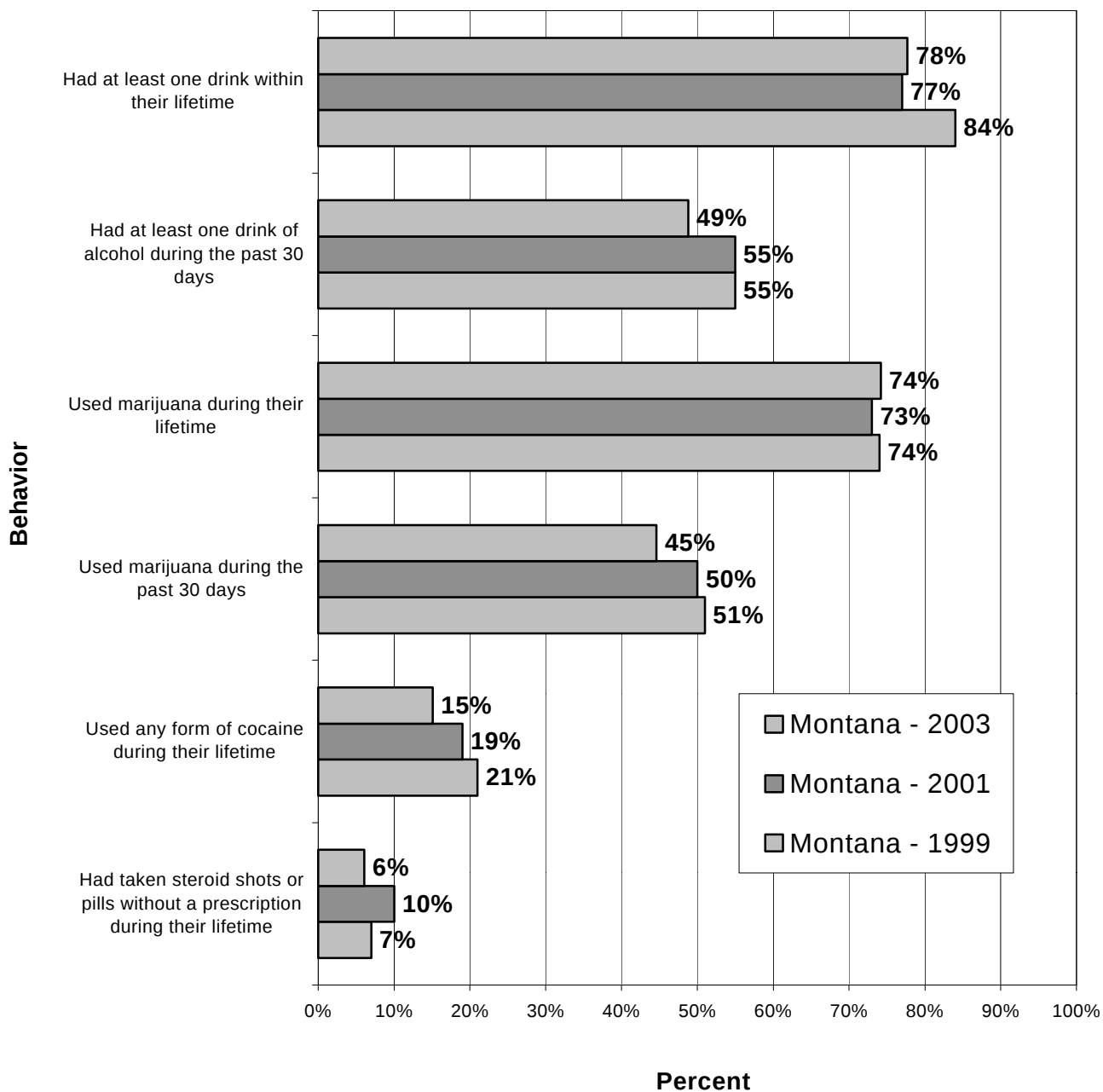


Figure 10

Percent of American Indian students on Montana Reservations
with a potential for alcohol and drug abuse

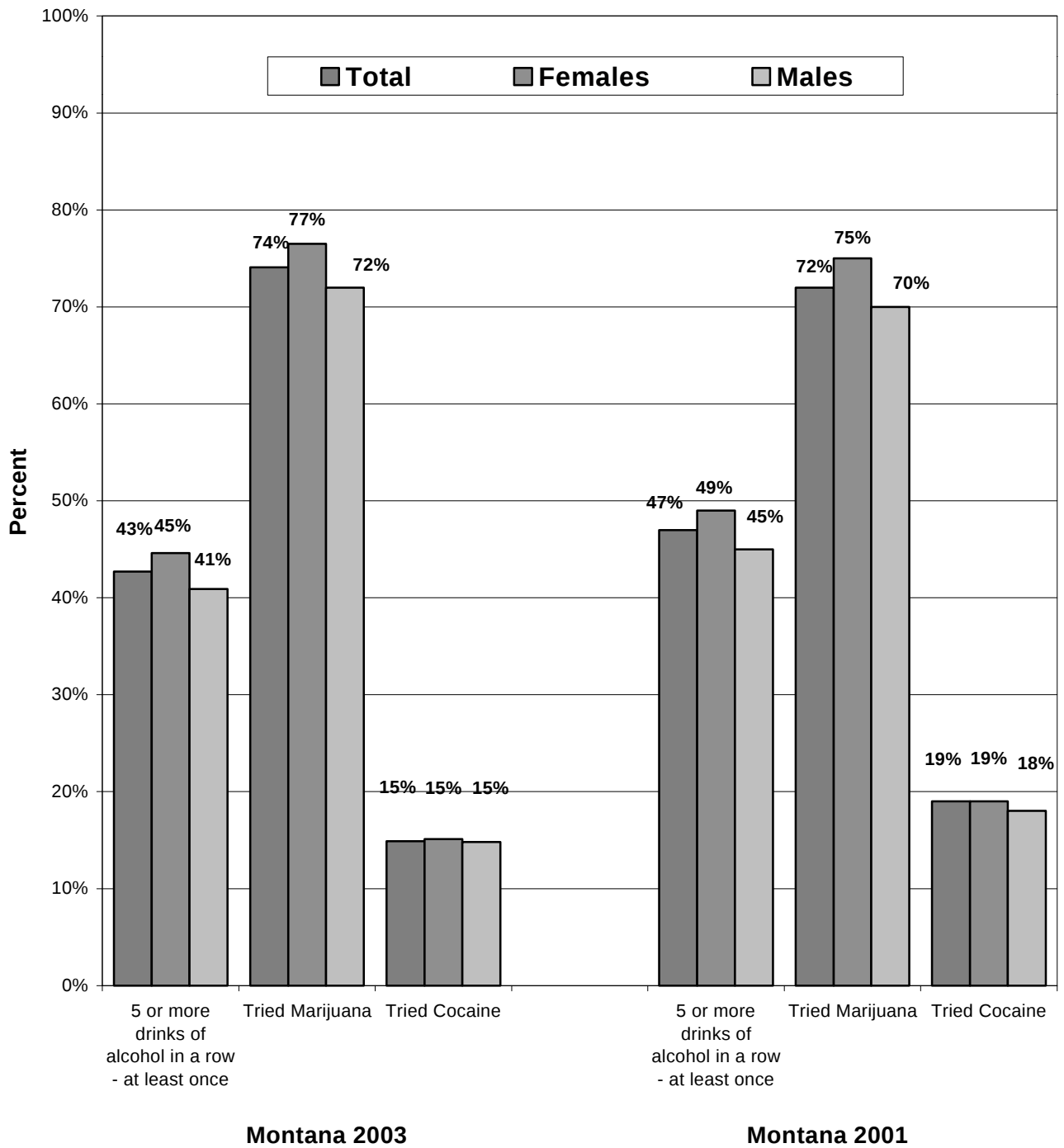


Figure 11
Sexual behaviors of American Indian students
on Montana Reservations

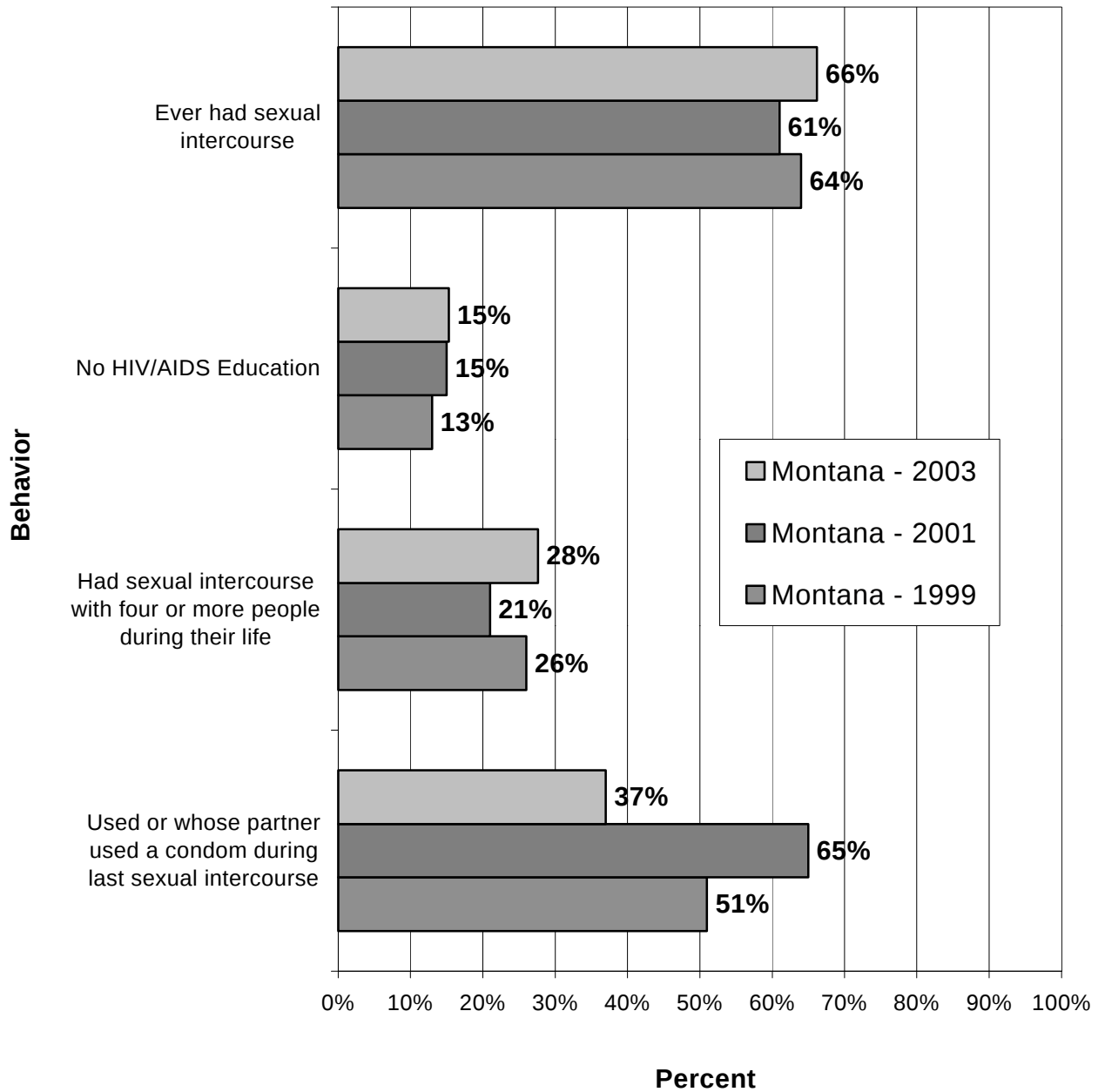


Figure 12

**Percent of American Indian students on Montana Reservations
who reported ever having had sexual intercourse, by gender**

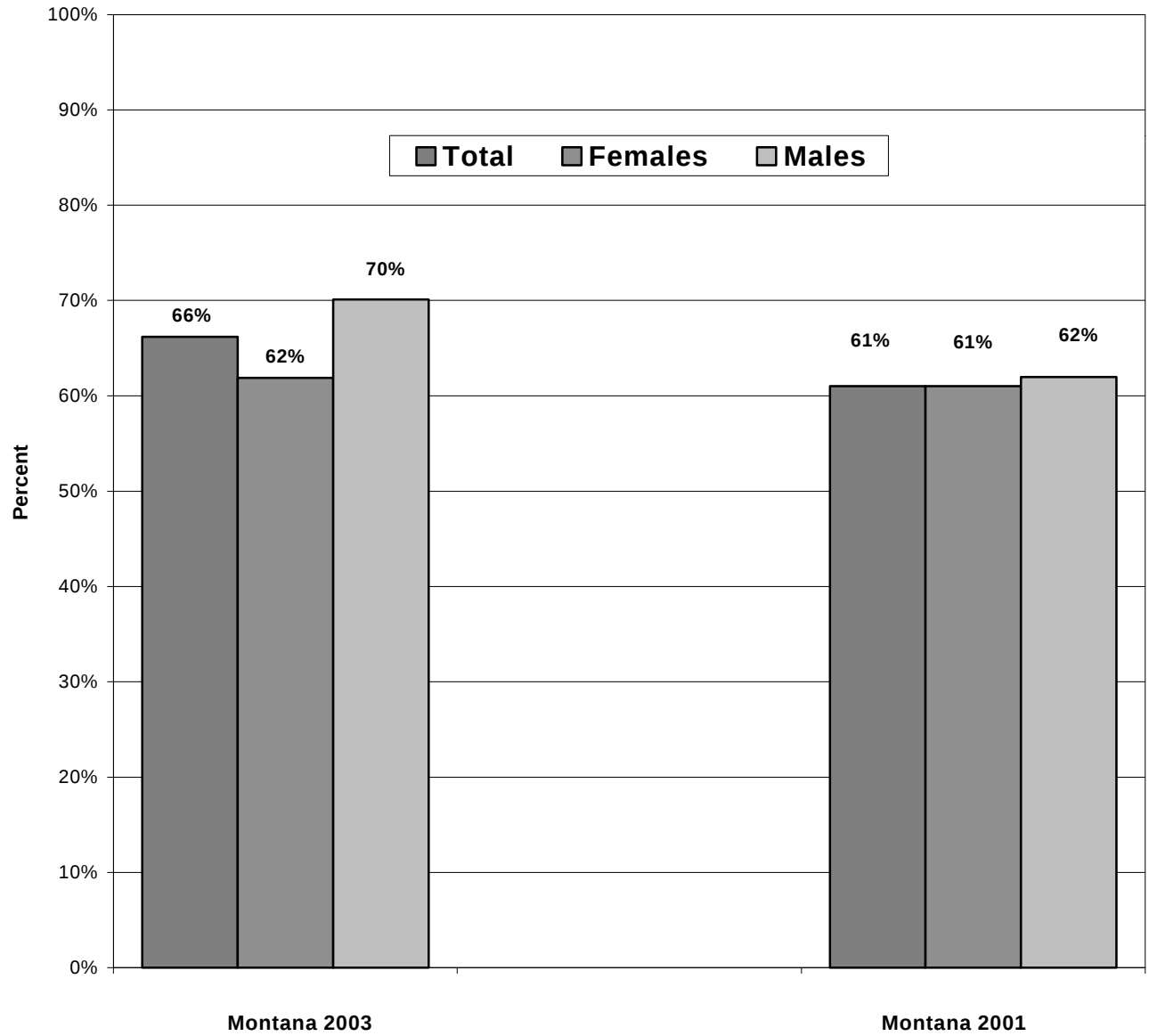


Figure 13

**Percent of American Indian students on Montana Reservations
who have had sexual intercourse and reported having
engaged in high-risk sexual behaviors**

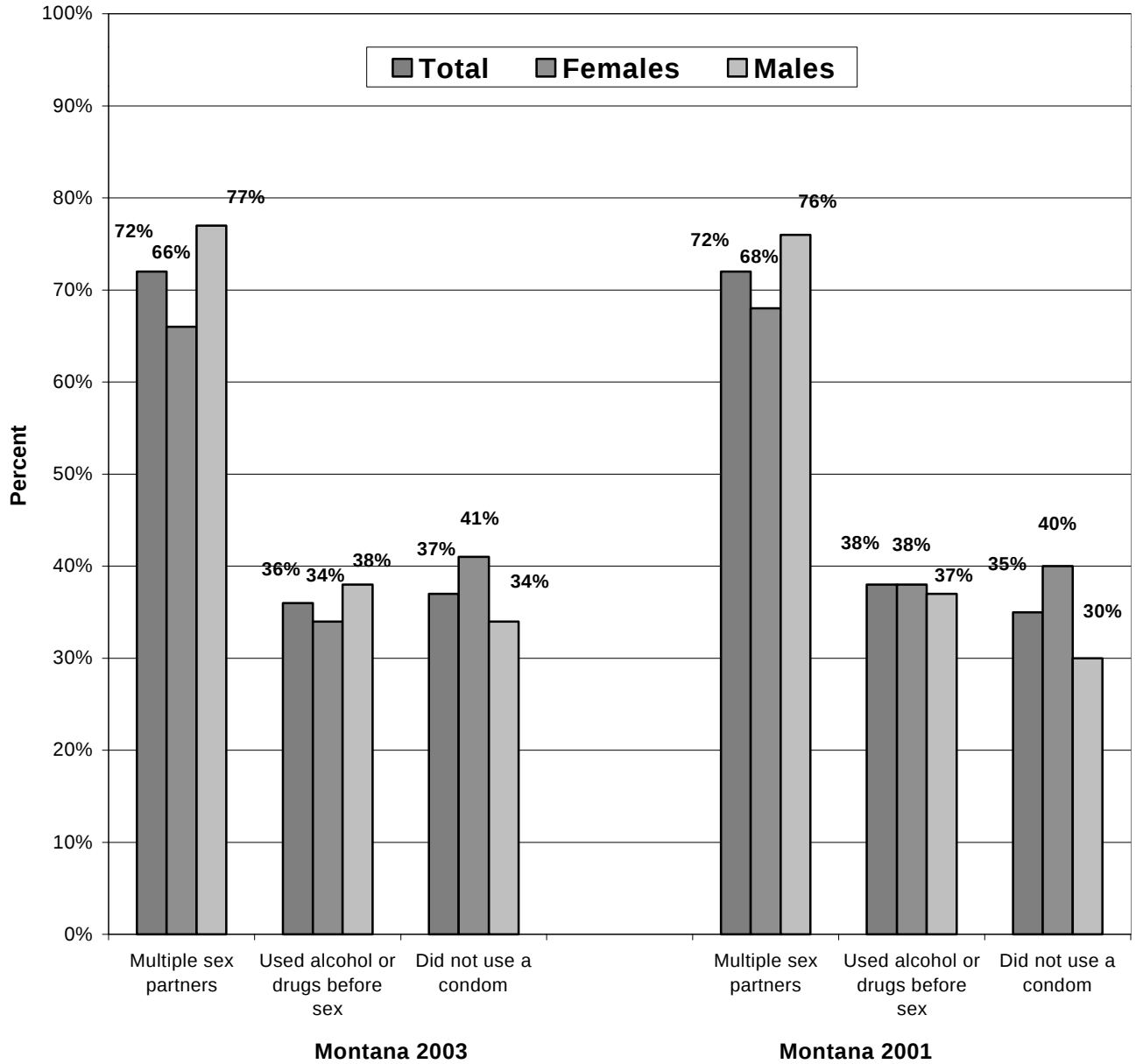


Figure 14
Physical activities of American Indian students
on Montana Reservations

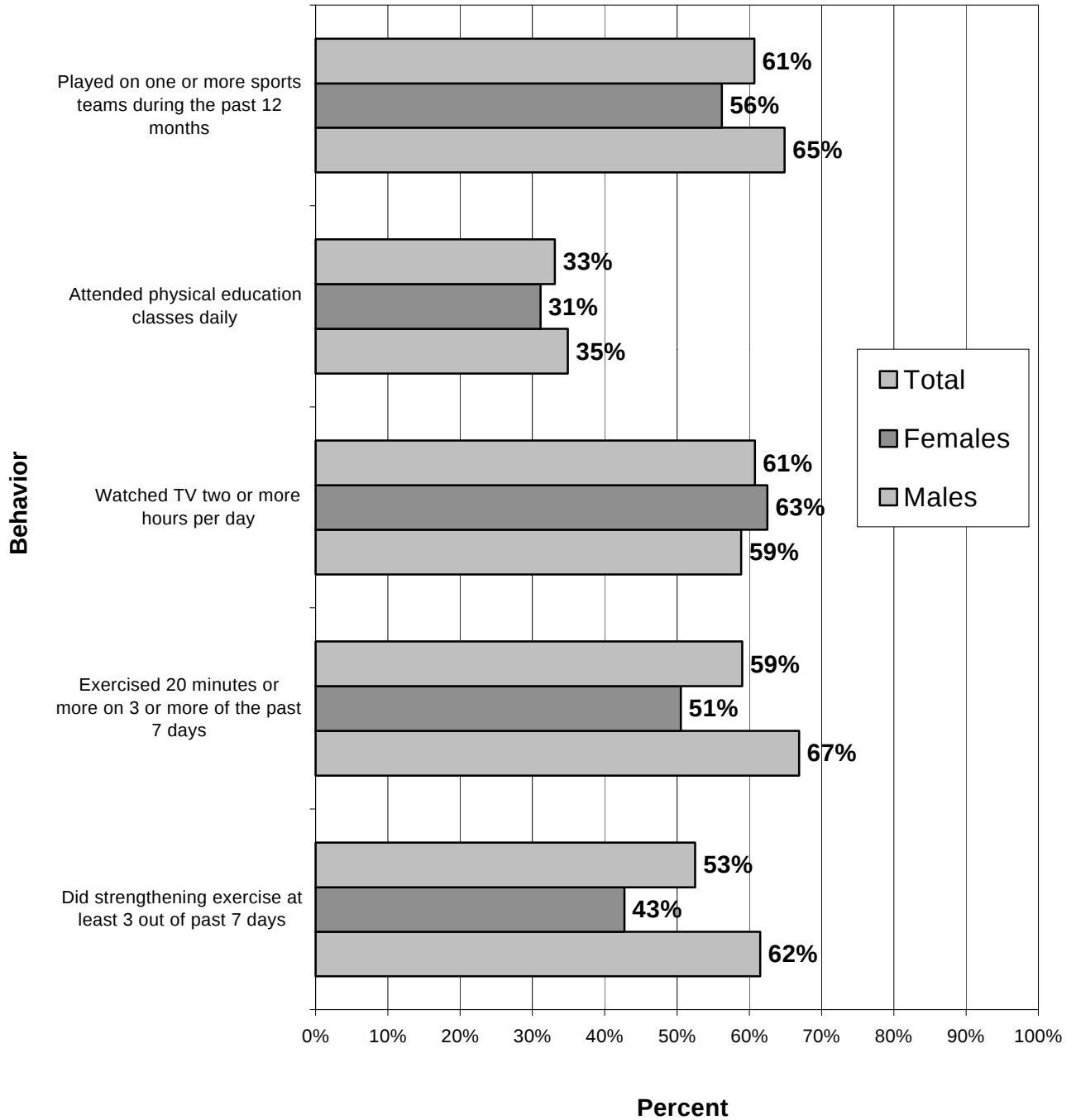
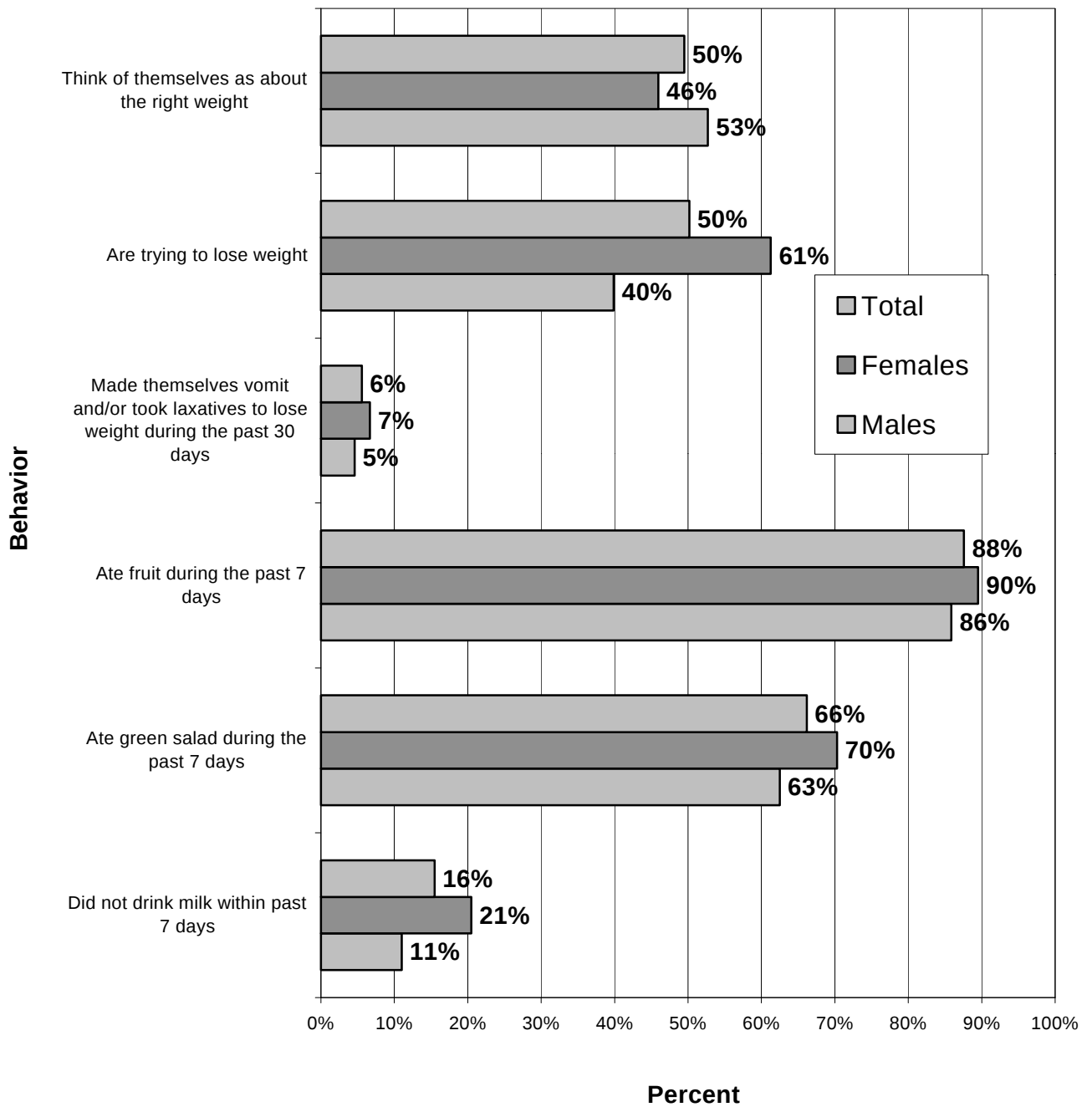


Figure 15
Dietary behaviors of American Indian Students
on Montana Reservations



APPENDIX C

ADDITIONAL CHARTS

List of Charts in Appendix C

<u>Topic</u>	<u>YRBS Question</u>	<u>Chart</u>
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-9	3
Seat belt usage	Q-89	4
Physical fighting	Q-20	5
Suicide related	Q-23	6
Tobacco use	Q-29	7
Tobacco use	Q-31	8
Tobacco use	Q-33	9
Alcohol use	Q-39	10
Marijuana use	Q-44	11
Drug use	Q-50	12
Drug use	Q-56	13
Sexual behavior	Q-61	14
Sexual behavior	Q-64	15
Weight	Q-66	16
Physical activity	Q-81	17
Physical activity	Q-85	18
Physical activity	Q-86	19
HIV/AIDS Education	Q-87	20

Chart 1
Q-1 How old are you?

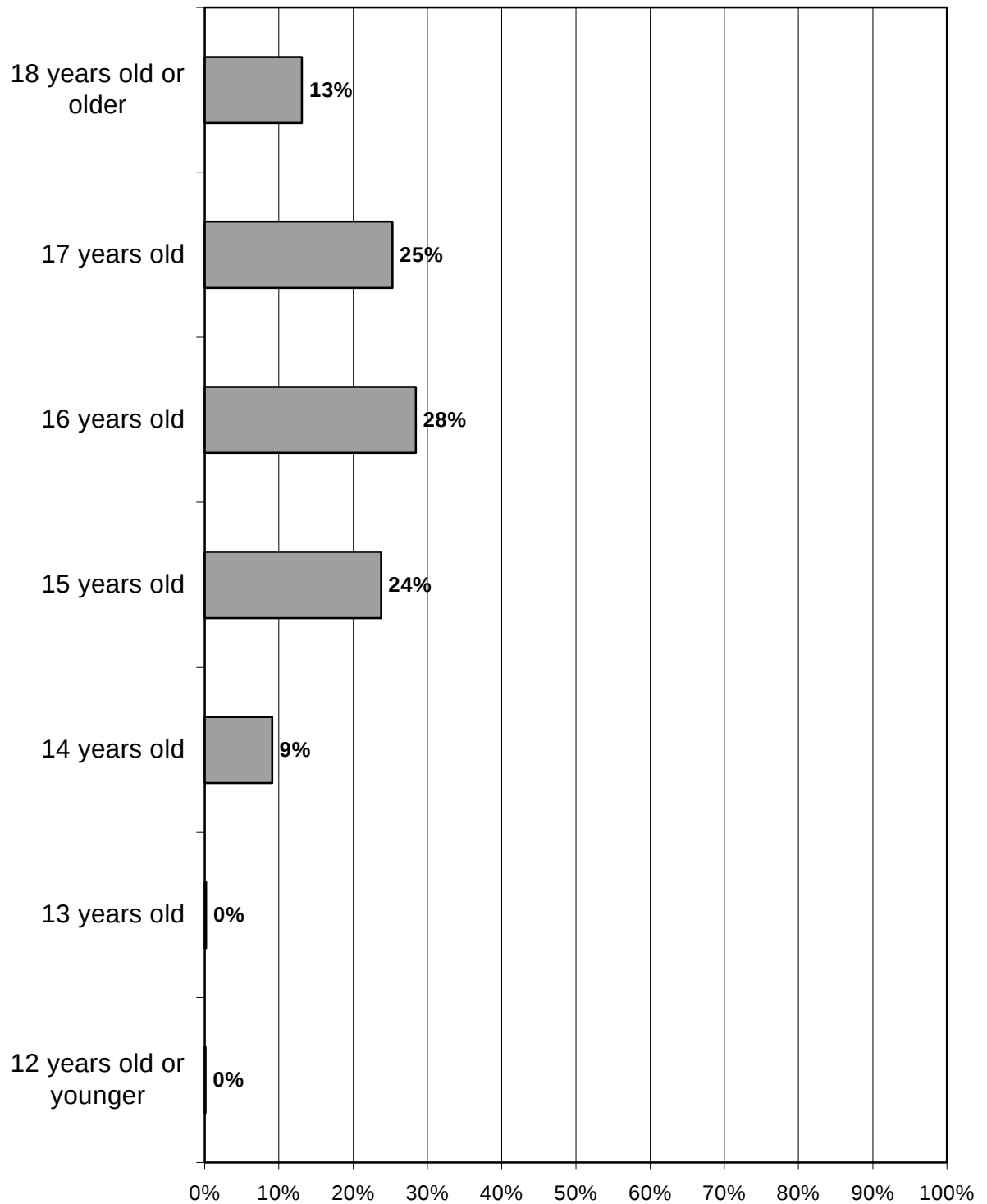


Chart 2
Q-3 In what grade are you?

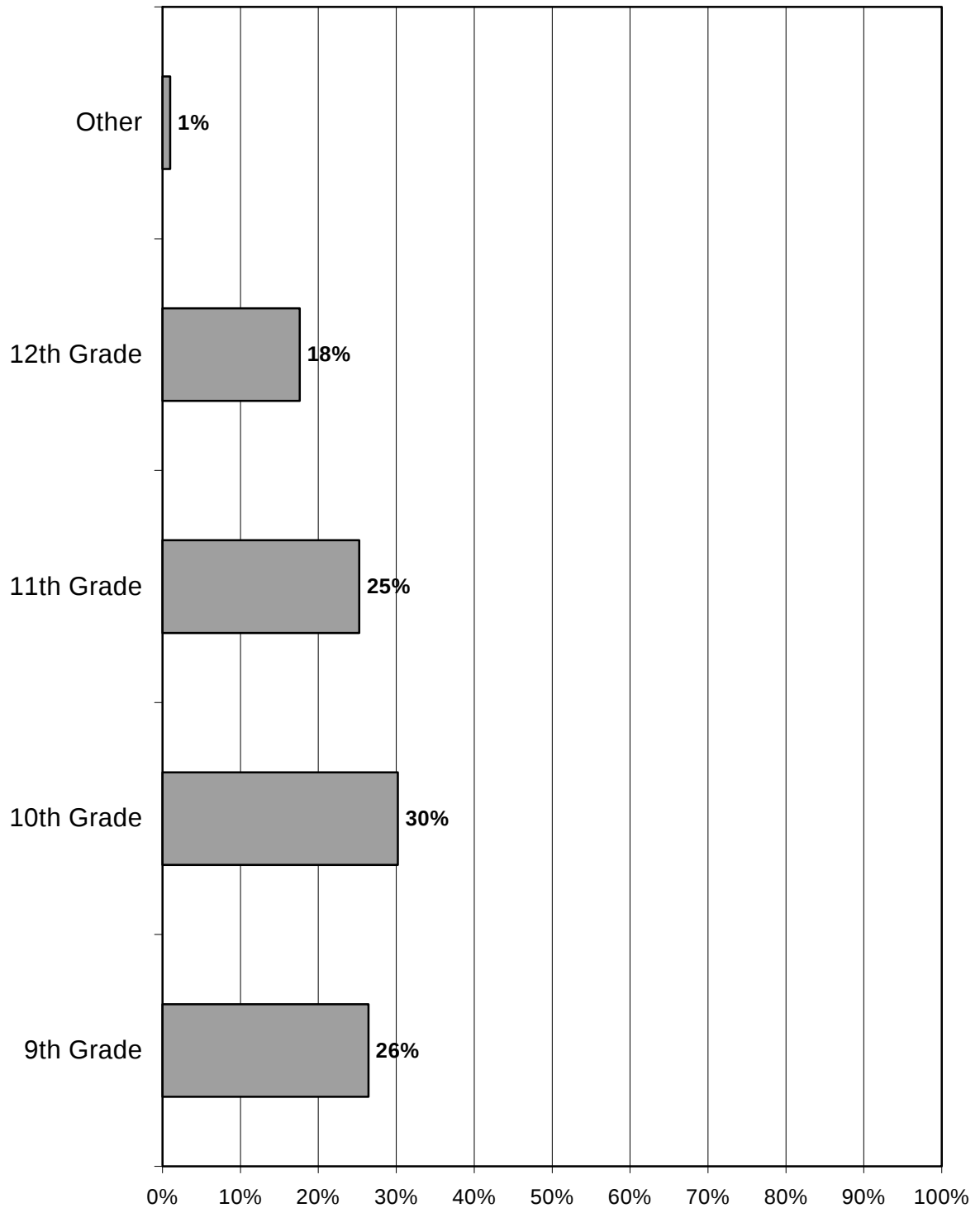


Chart 3
**Q-9 How often do you wear a seat belt when riding in a car
driven by someone else?**

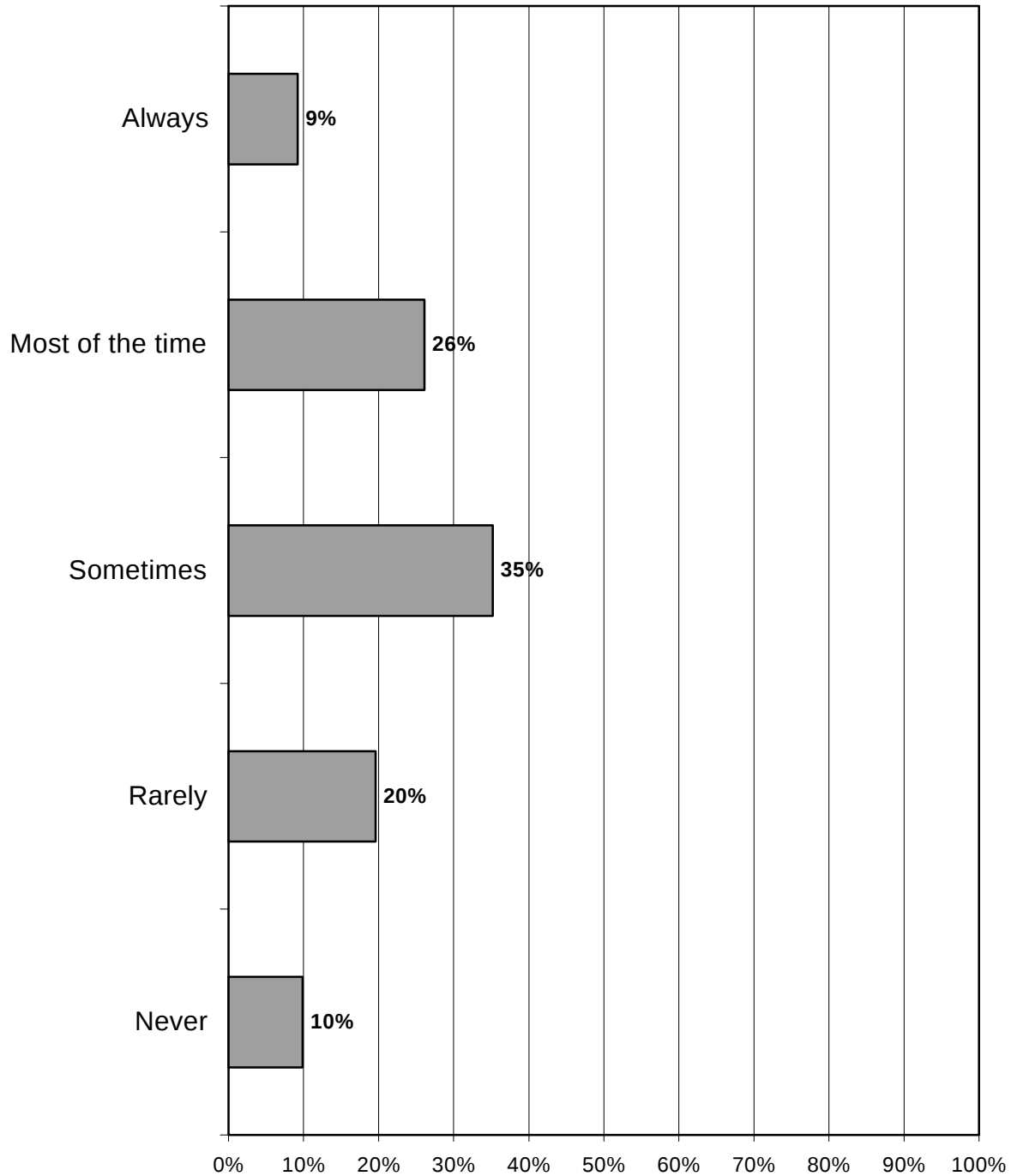


Chart 4
Q-89 How often do you wear a seat belt when driving a car?

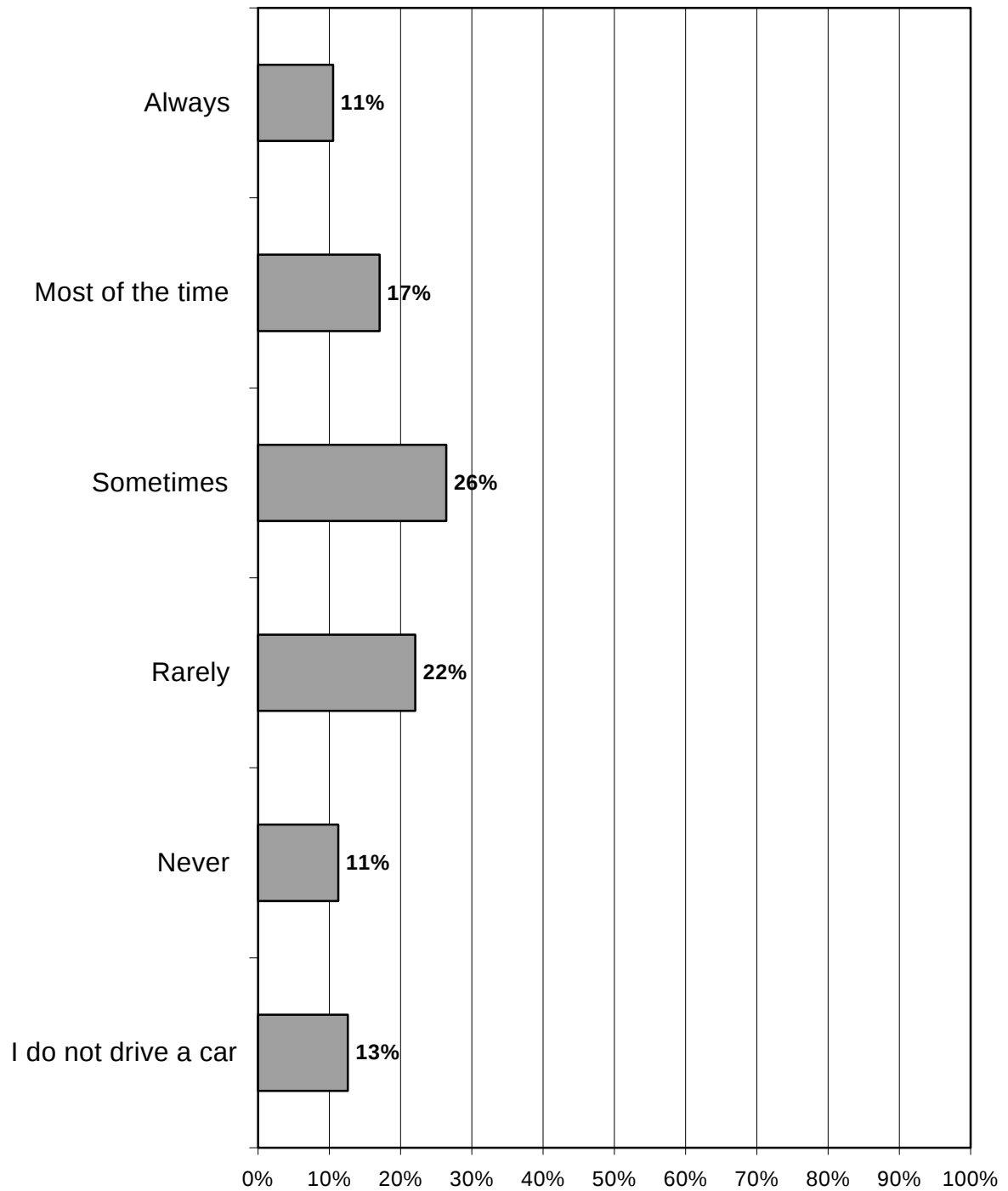


Chart 5

**Q-20 During the past 12 months, how many times were you
in a physical fight on school property?**

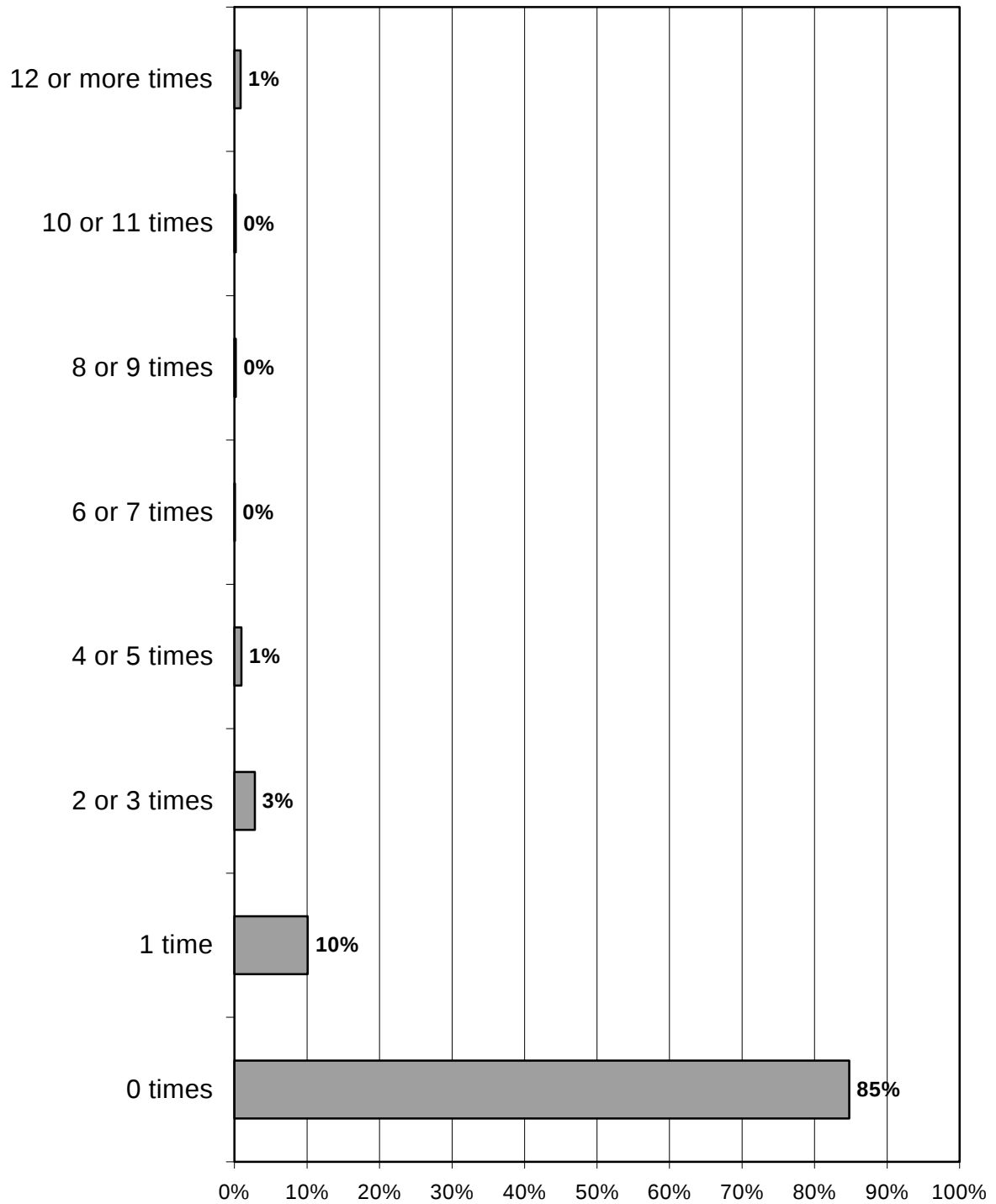


Chart 6

Q-23 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

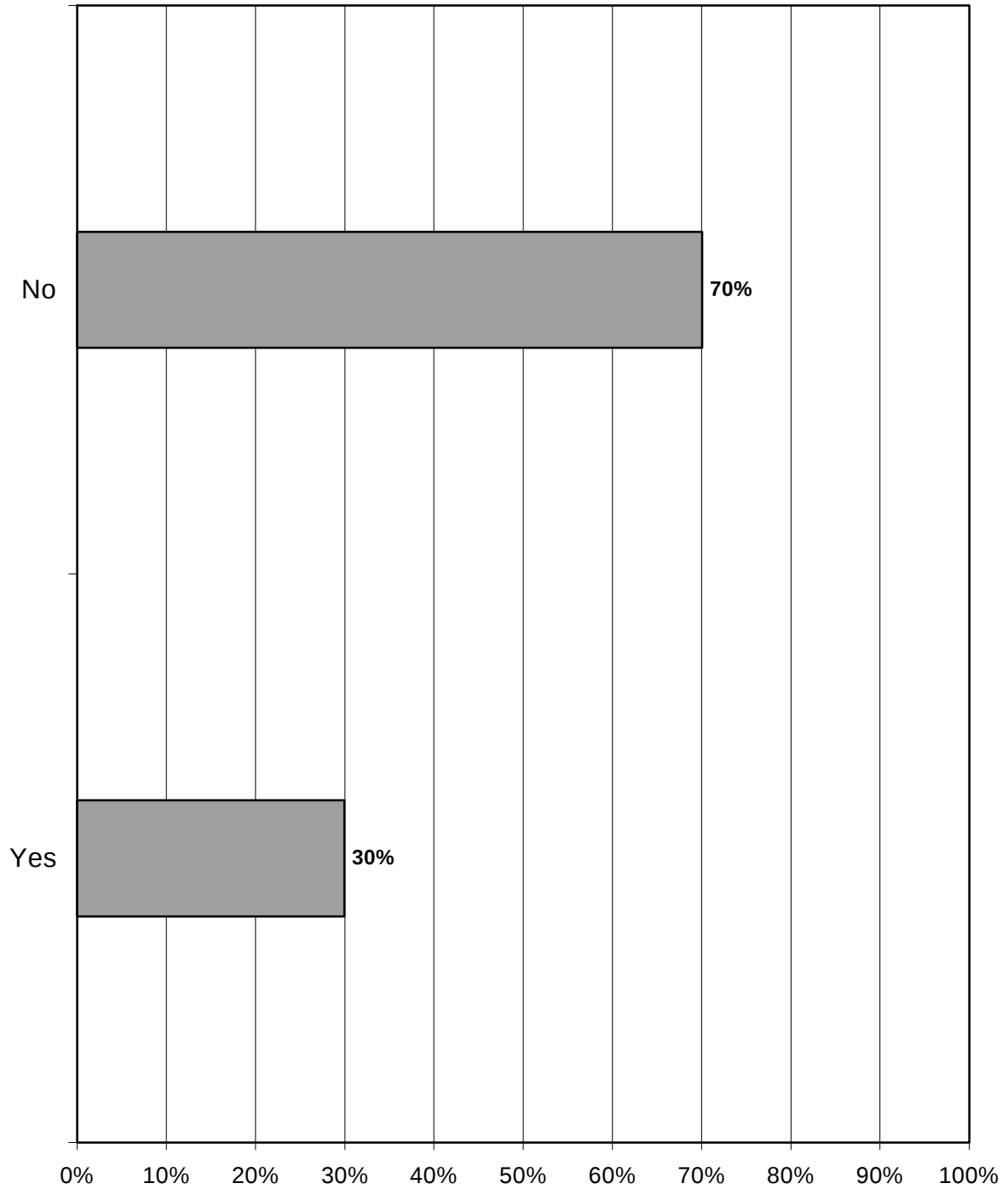


Chart 7
**Q-29 How old were you when you smoked a whole cigarette
for the first time?**

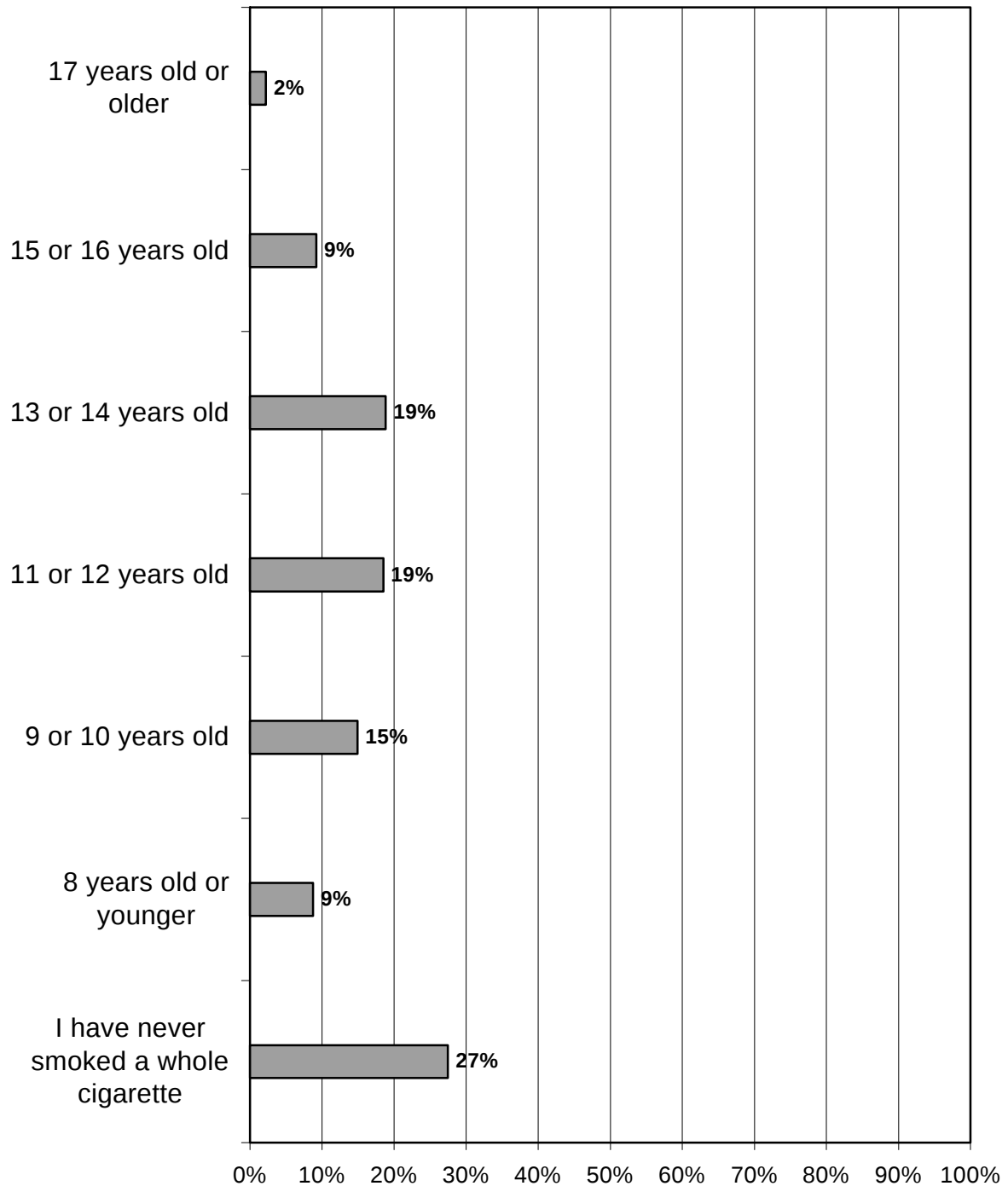


Chart 8

Q-31 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

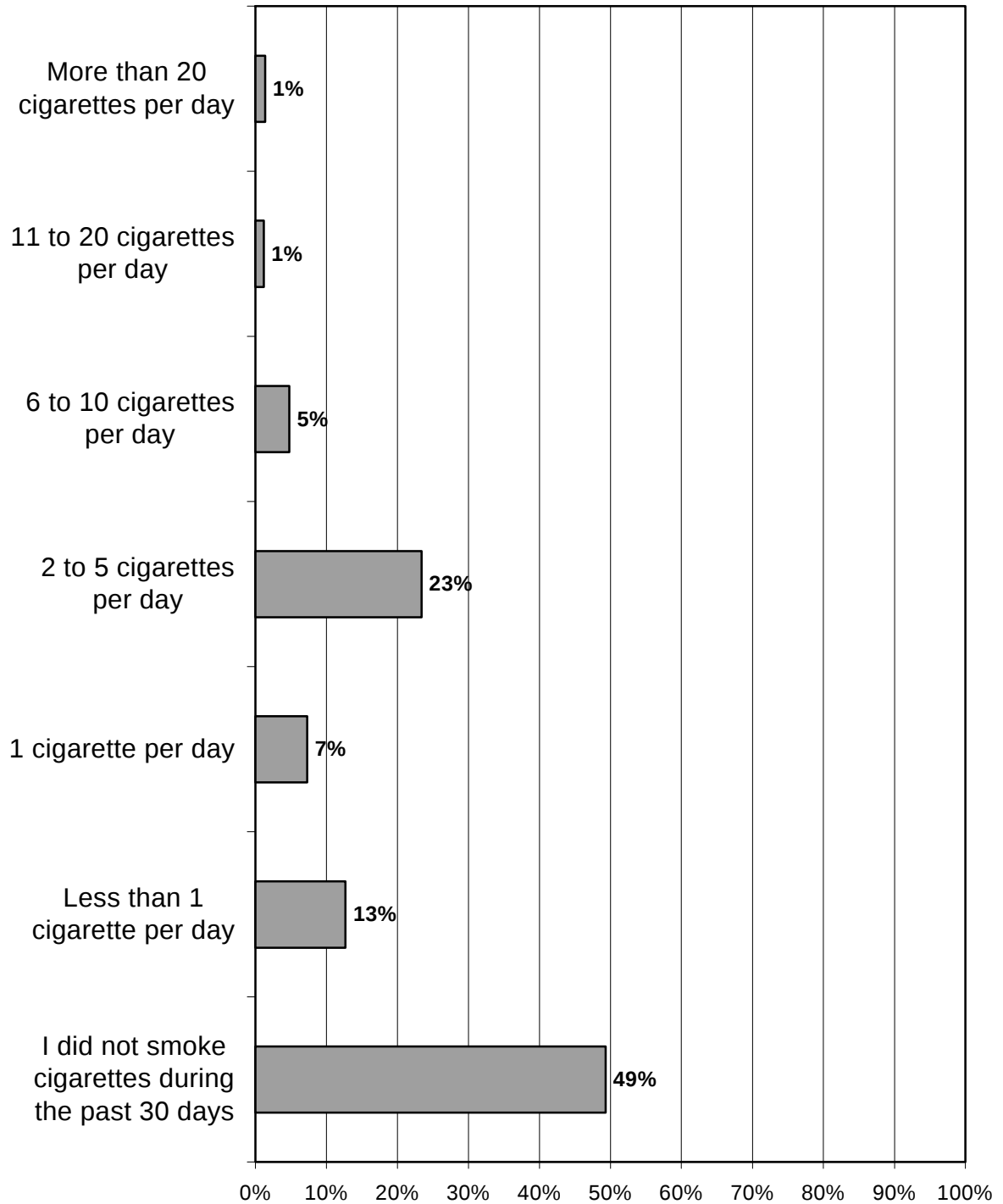


Chart 9
Q-33 During the past 30 days, on how many days did you smoke cigarettes on school property?

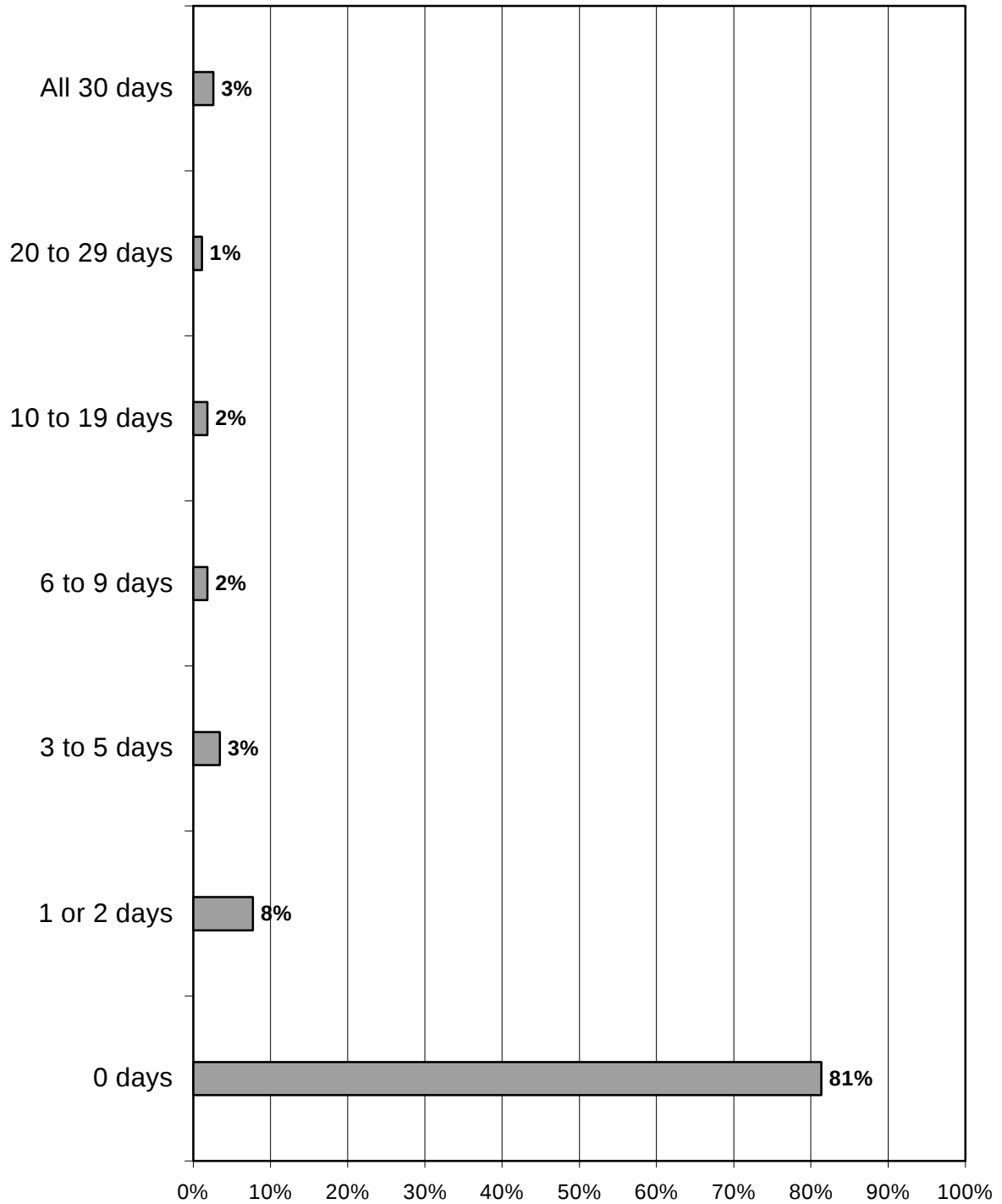


Chart 10
Q-39 During your life, on how many days have you had at least one drink of alcohol?

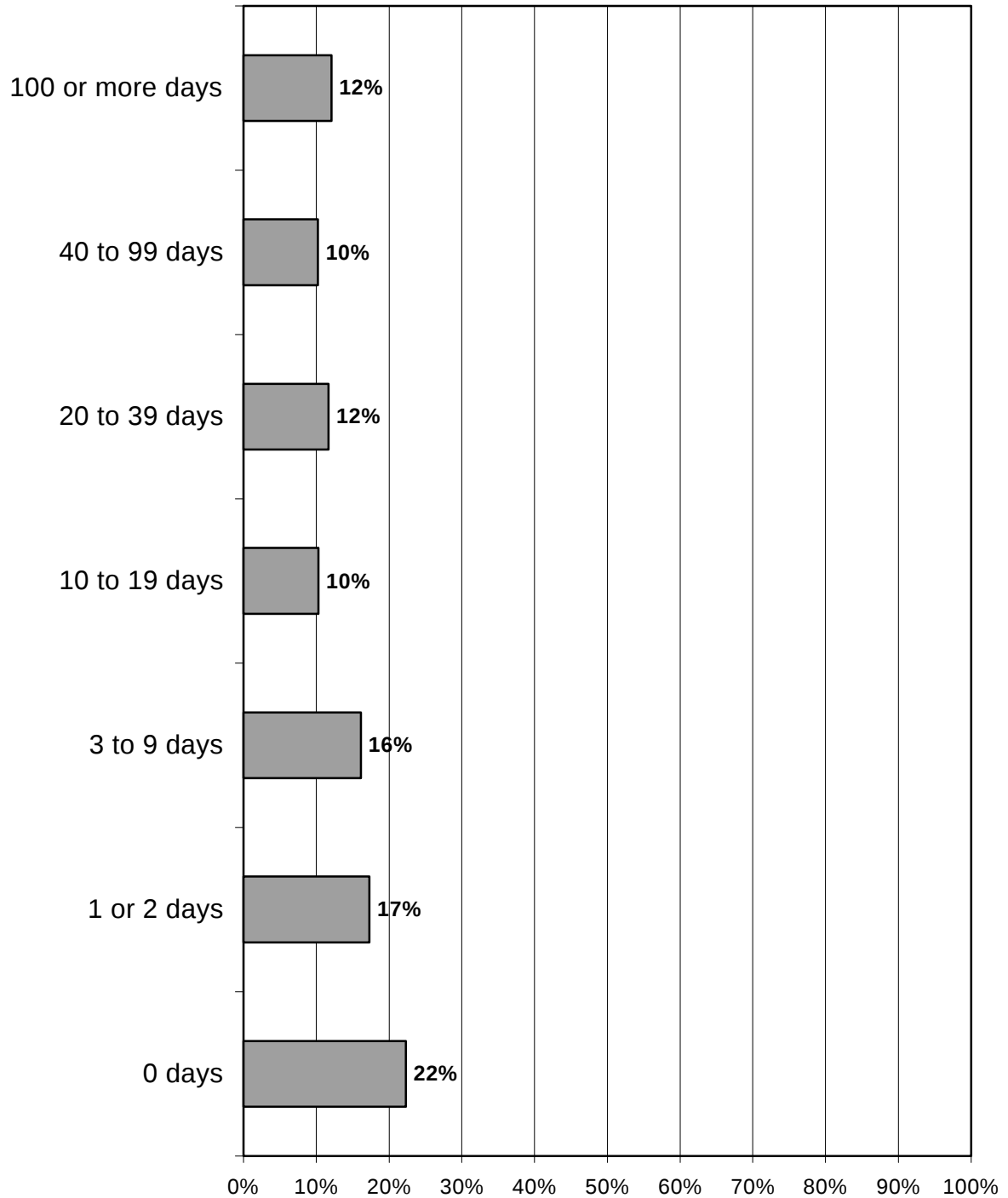


Chart 11
Q-44 During your life, how many times have you used marijuana?

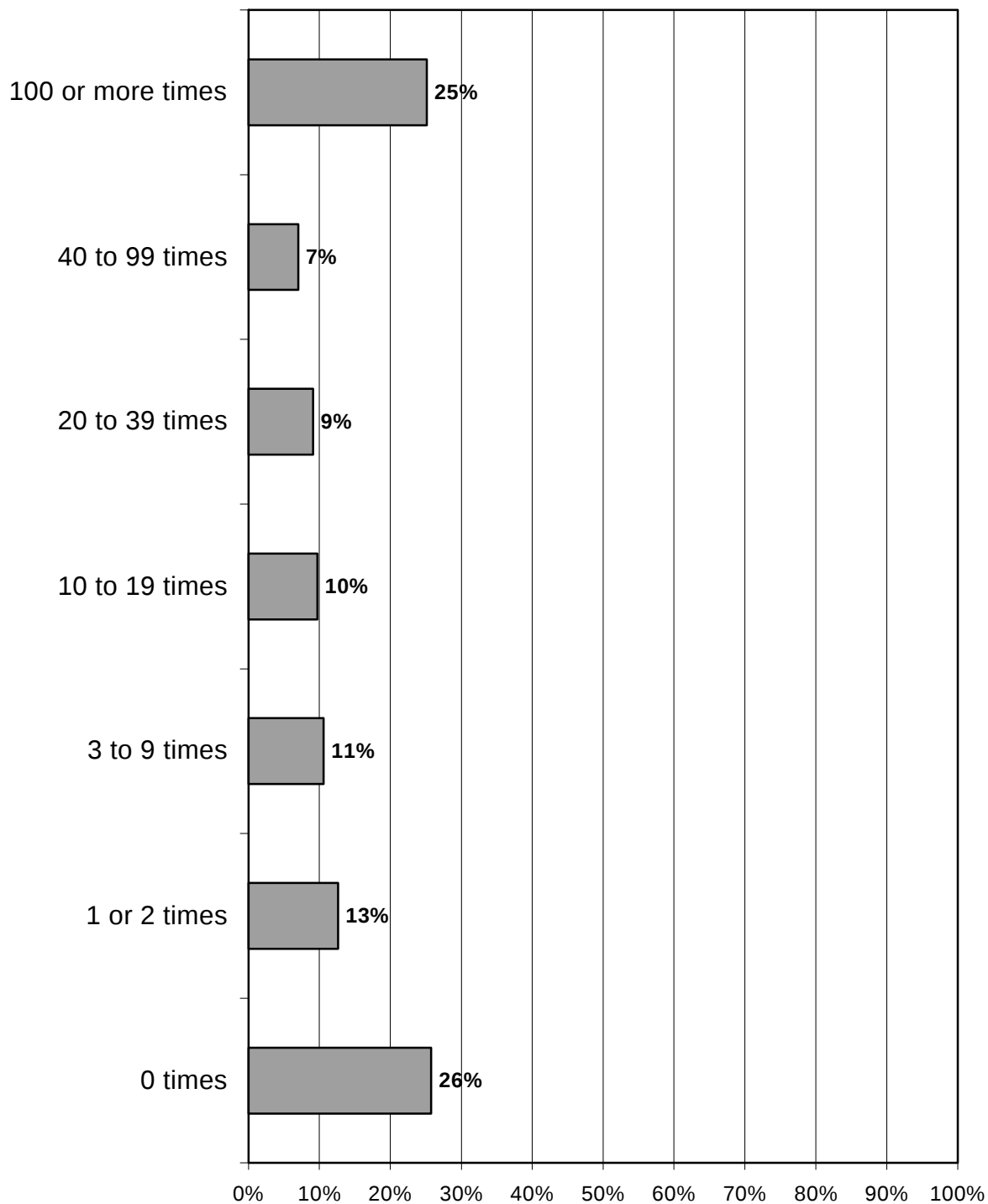


Chart 12

Q-50 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

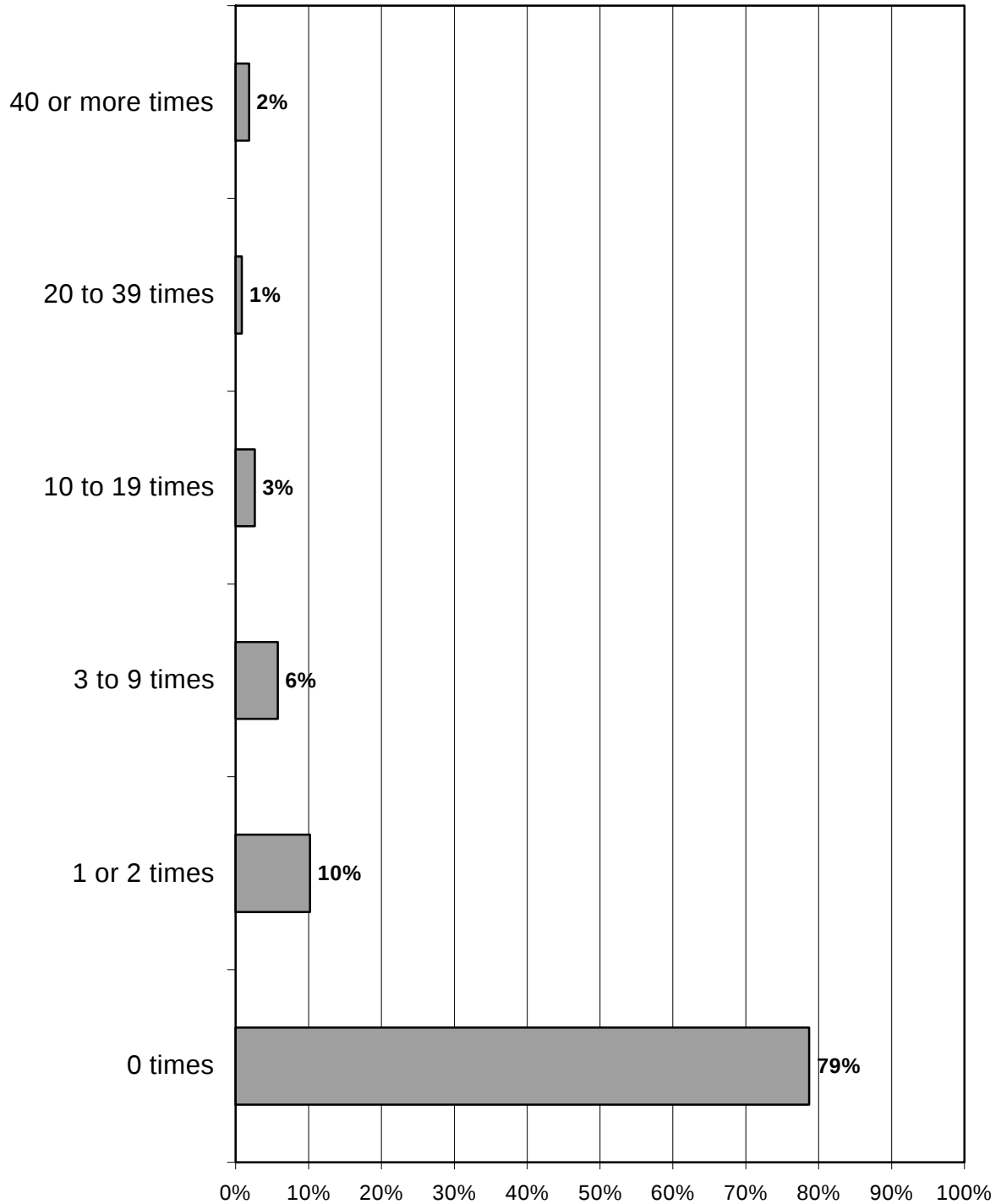


Chart 13

Q-56 During your life, how many times have you used a needle to inject any illegal drug into your body?

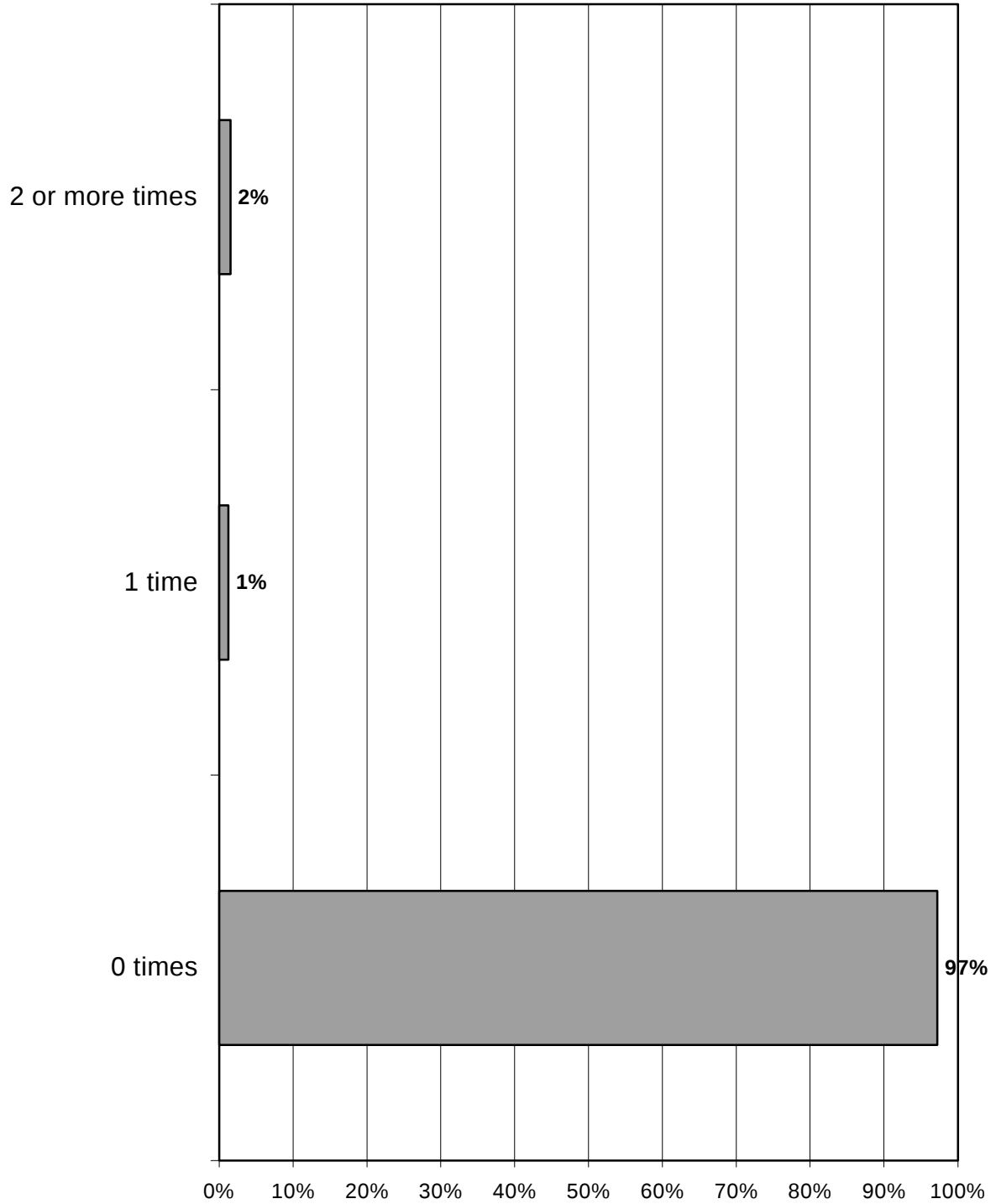


Chart 14
**Q-61 During the past three months, with how many people
did you have sexual intercourse?**

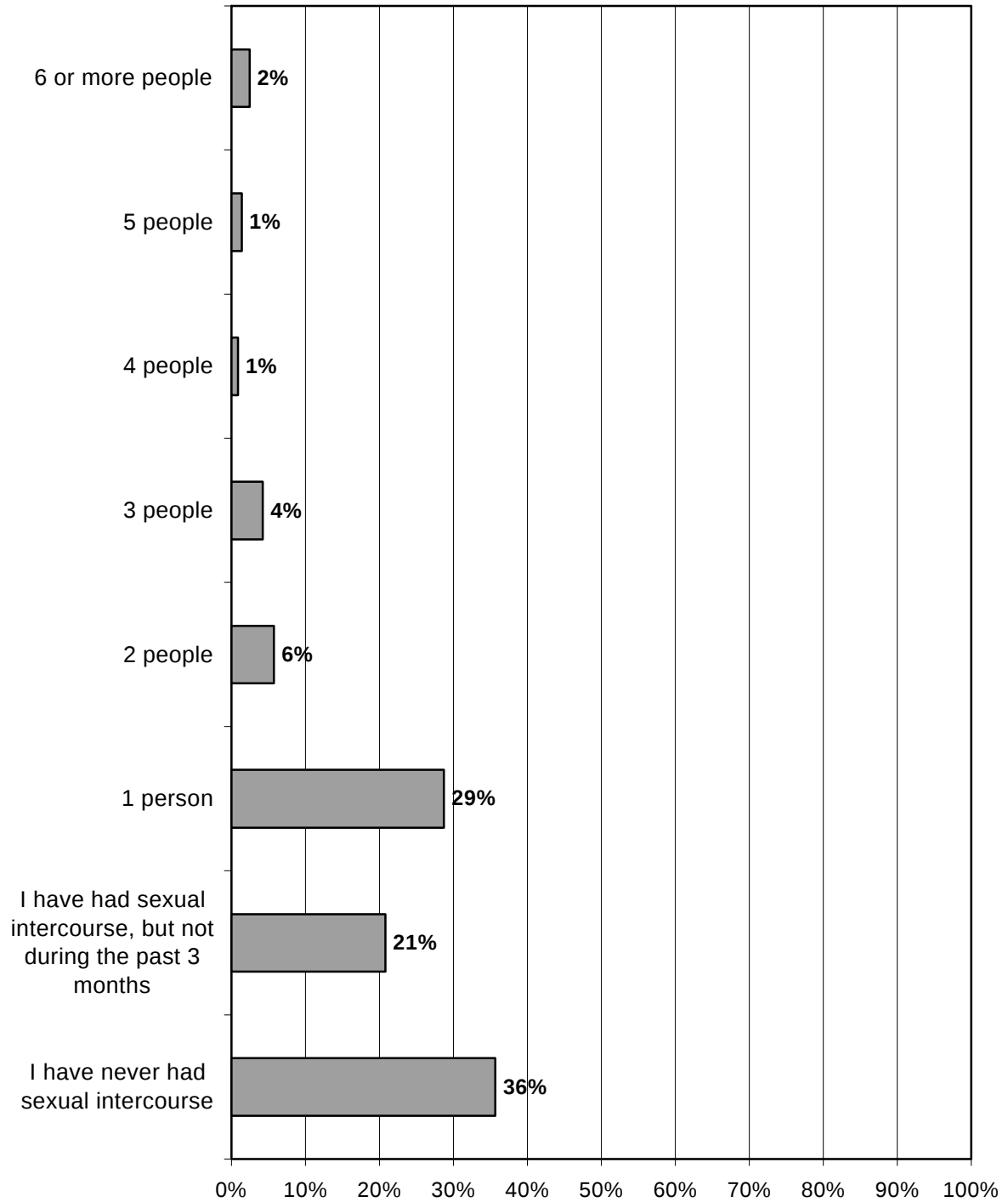


Chart 15

Q-64 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

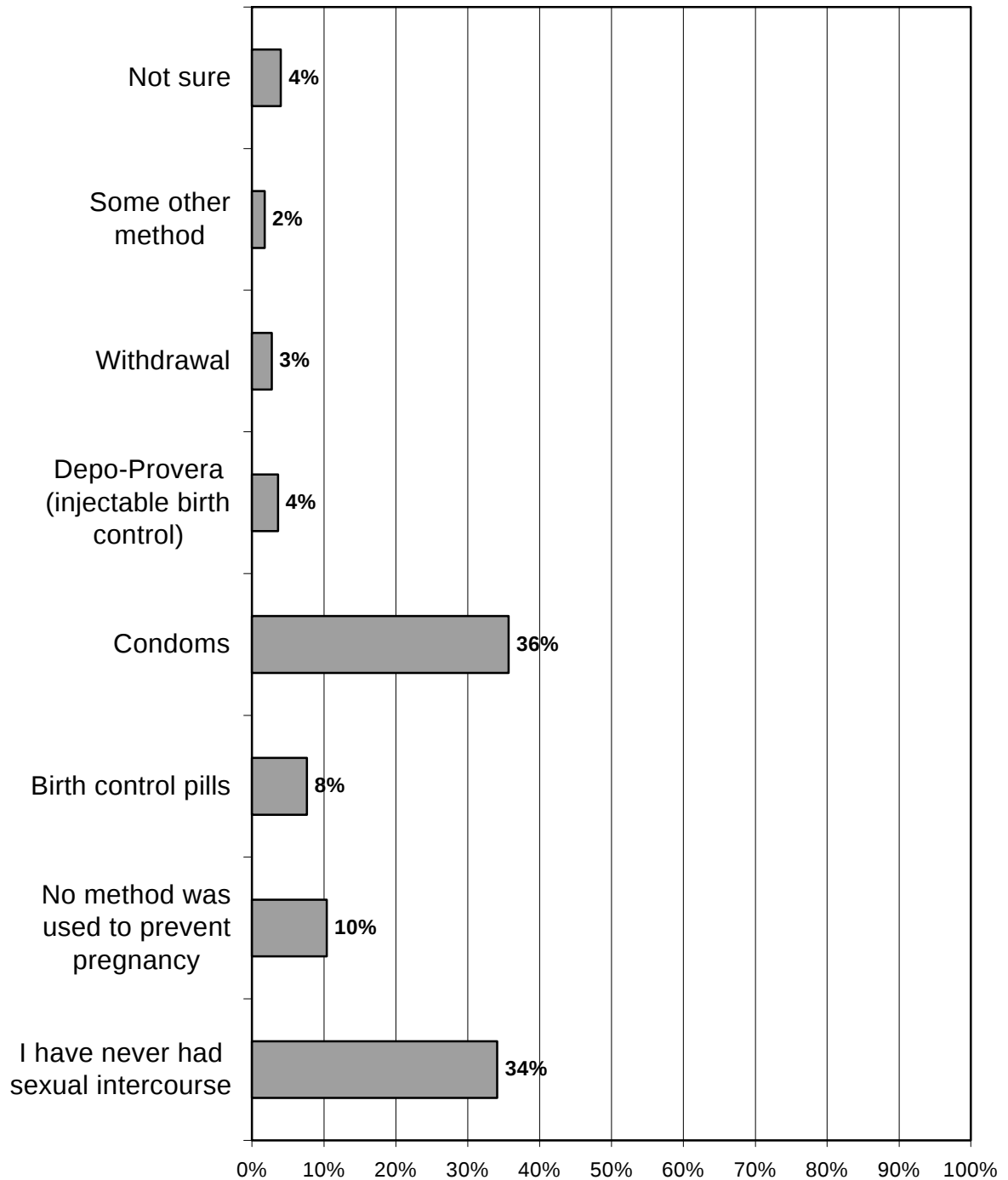


Chart 16
Q-66 How do you describe your weight?

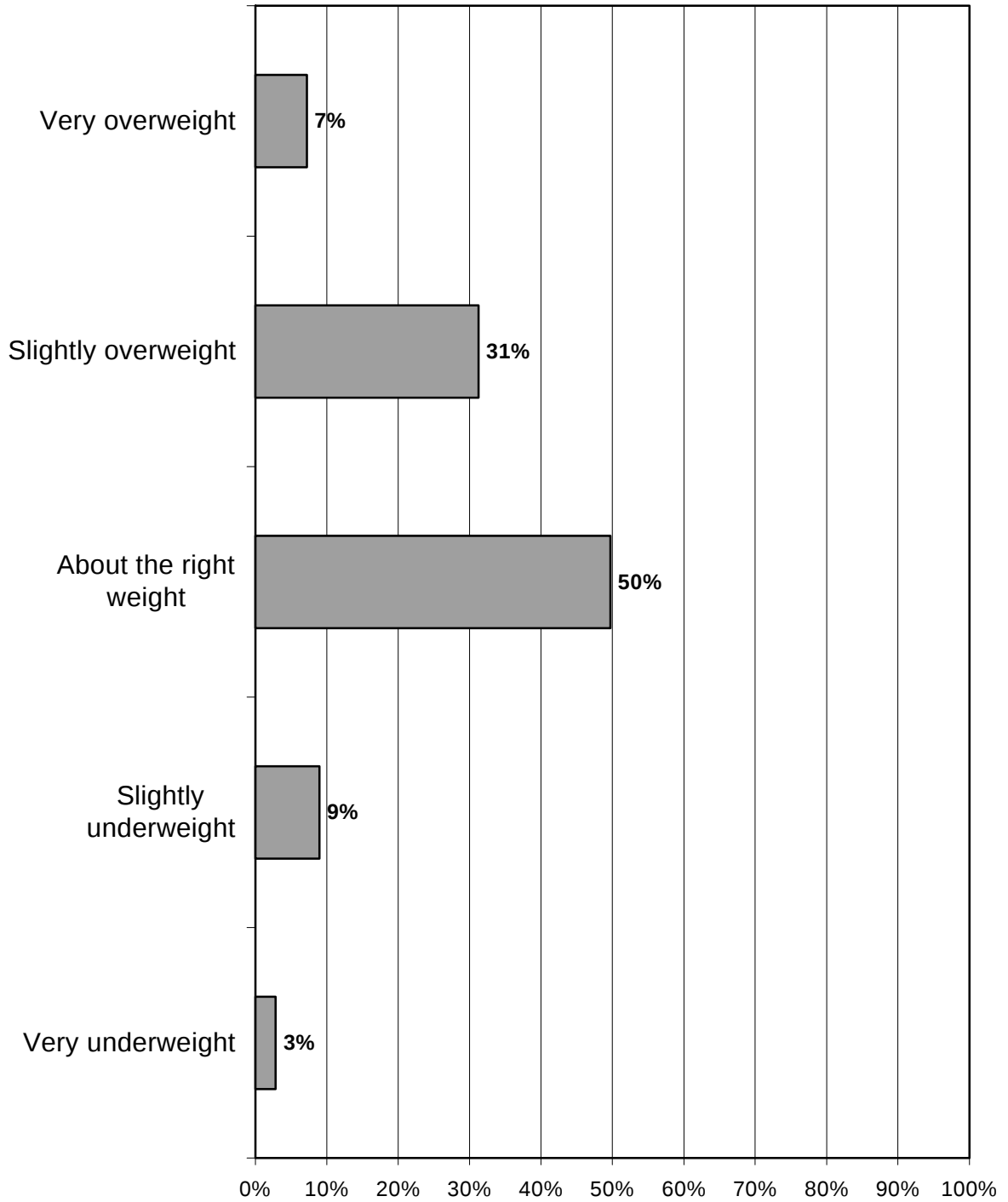


Chart 17

Q-81 On how many of the past seven days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

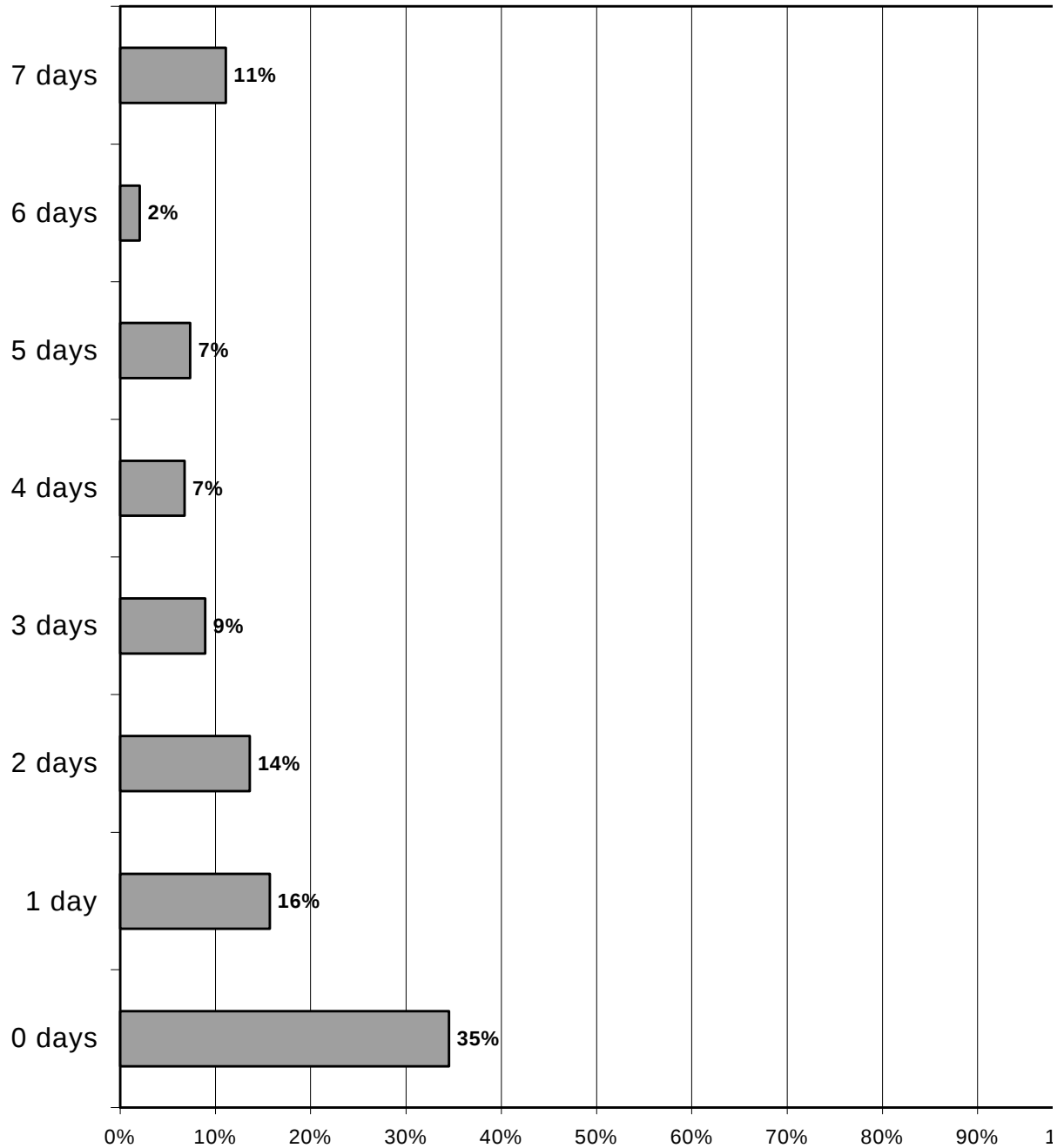


Chart 18

Q-85 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

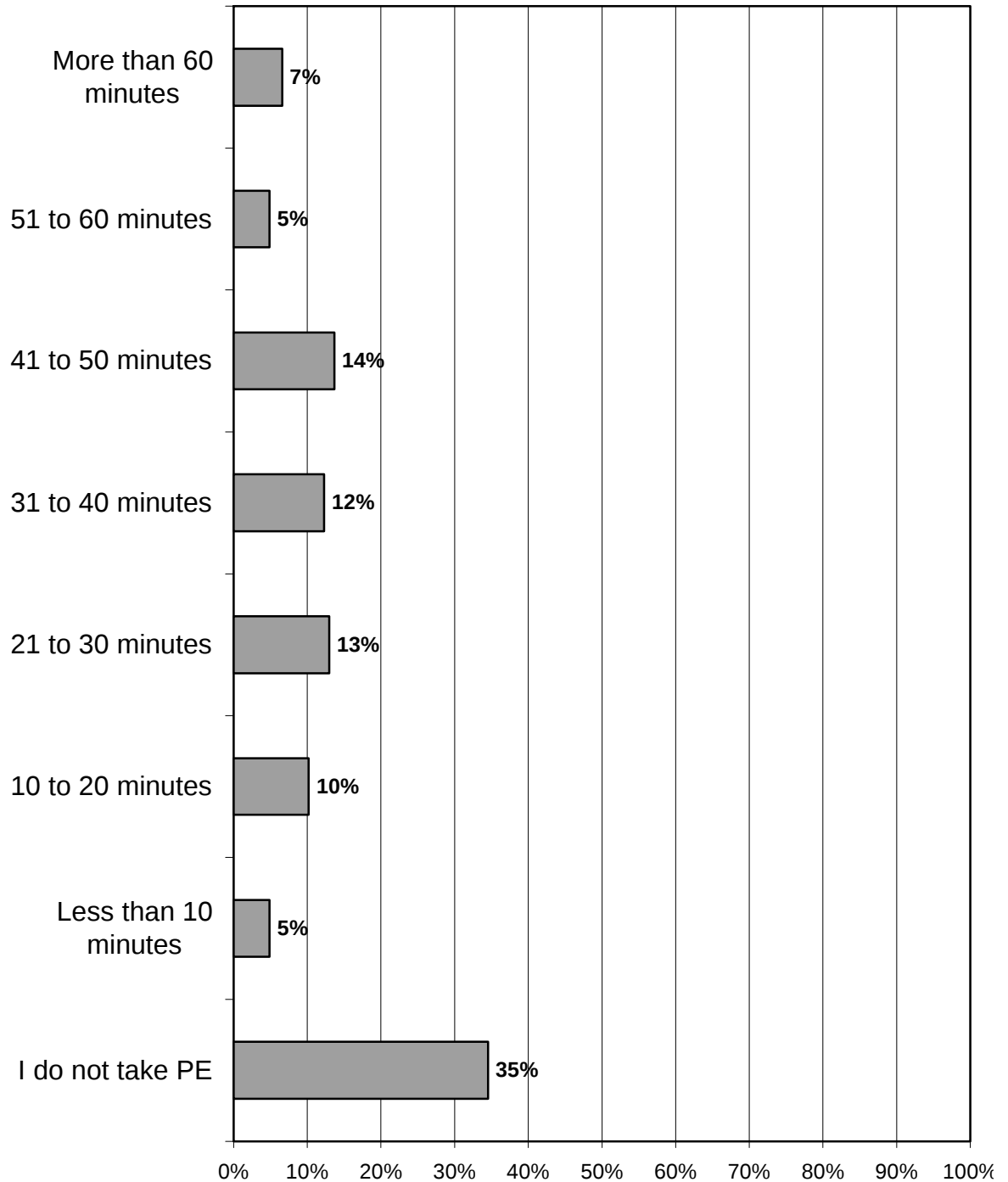


Chart 19

Q-86 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

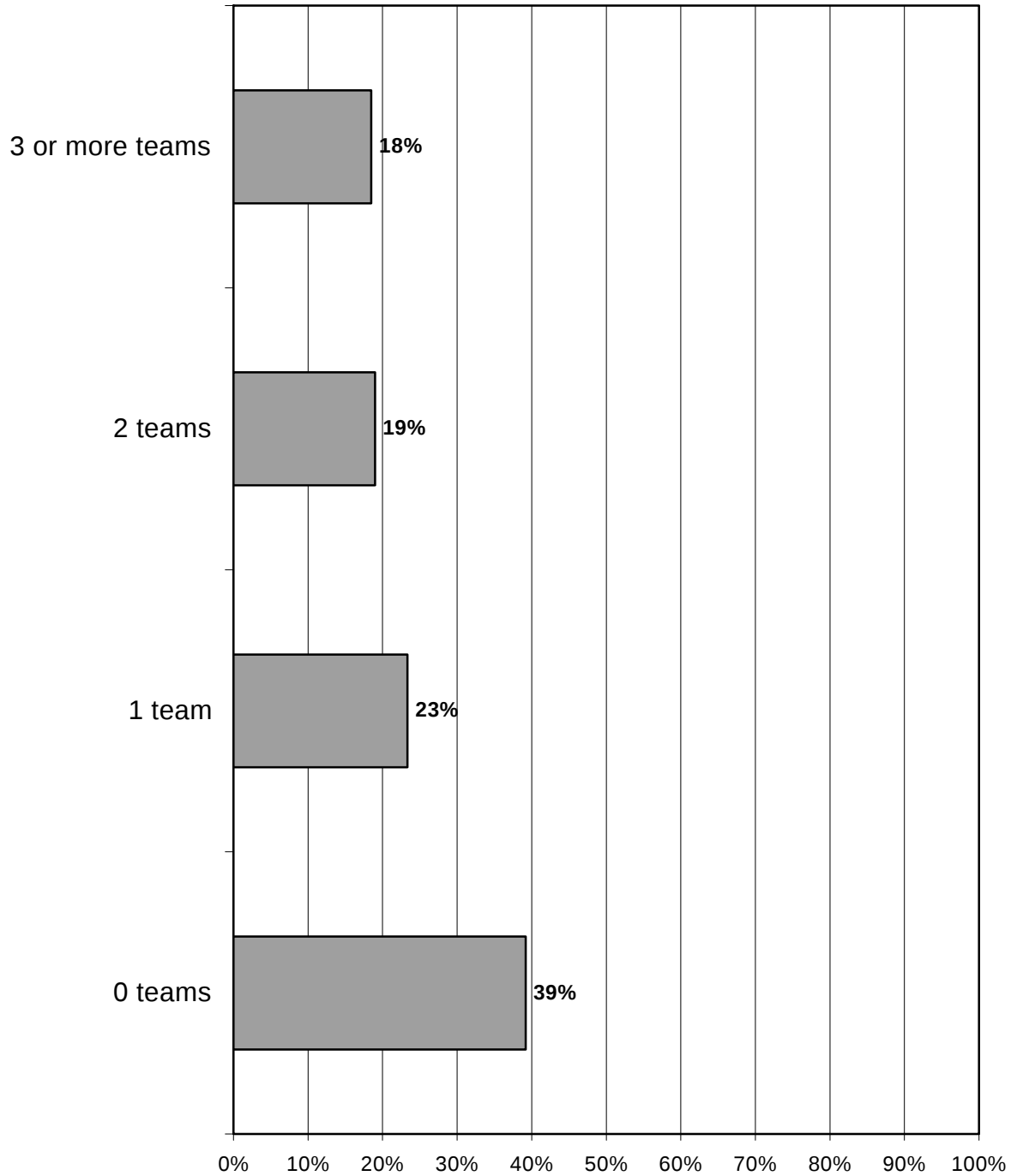
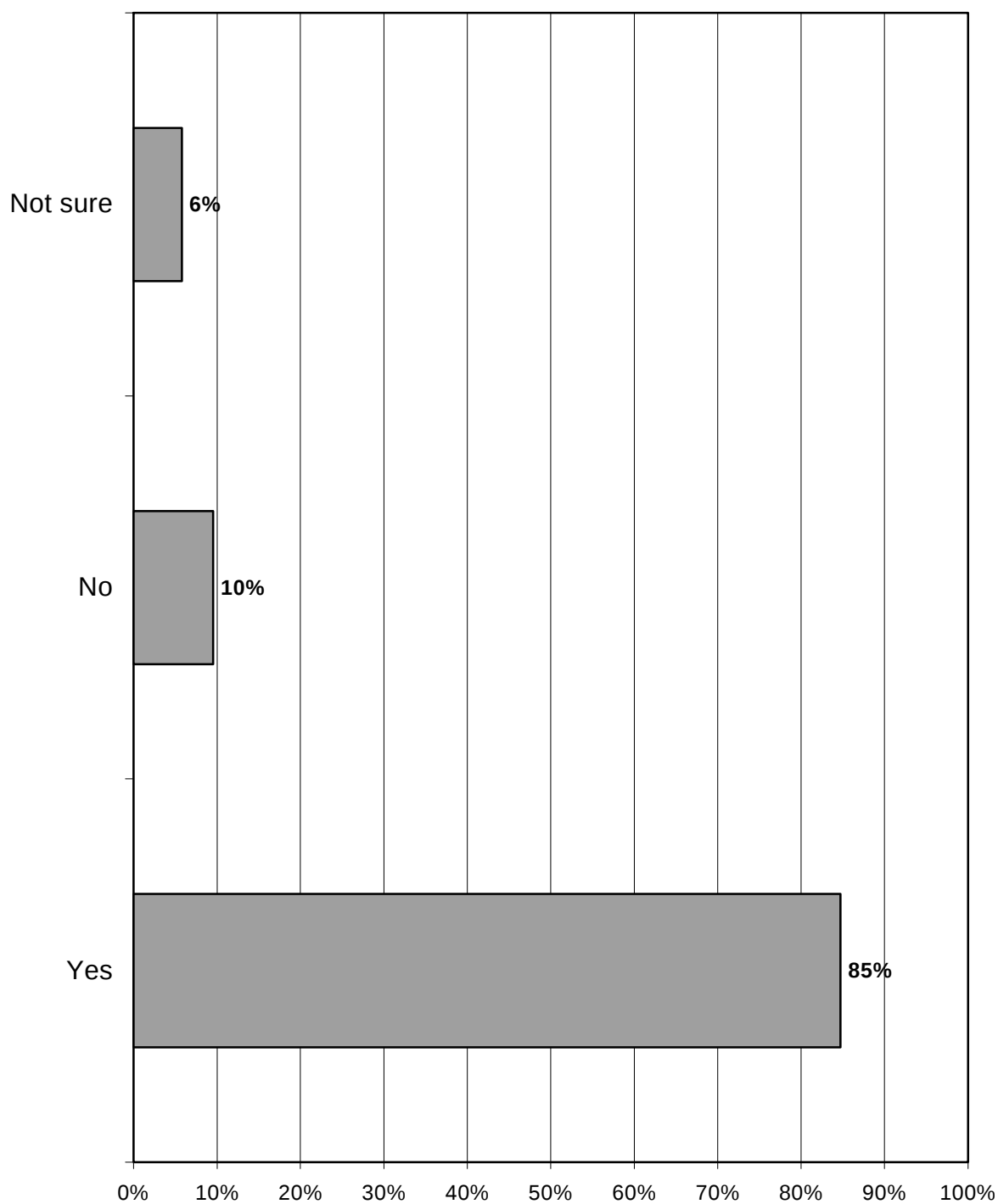


Chart 20
Q-87 Have you ever been taught about AIDS or HIV infection
in school?



Montana Office of Public Instruction

Montana Board of Crime Control

Montana Department of Public Health & Human Services

Indian Health Service

Healthy Mothers Healthy Babies

Blue Cross and Blue Shield of Montana

Montana Department of Transportation
Traffic & Safety Bureau

Division of Adolescent and School Health
Centers for Disease Control and Prevention



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